

A group of soccer players in white jerseys and black shorts are huddled together on a green grass field. They are all leaning in, with their arms around each other's shoulders. The background features a large, textured stone wall and some greenery to the left. The scene is brightly lit, suggesting a sunny day.

PCHS 2020

Student Tribute



























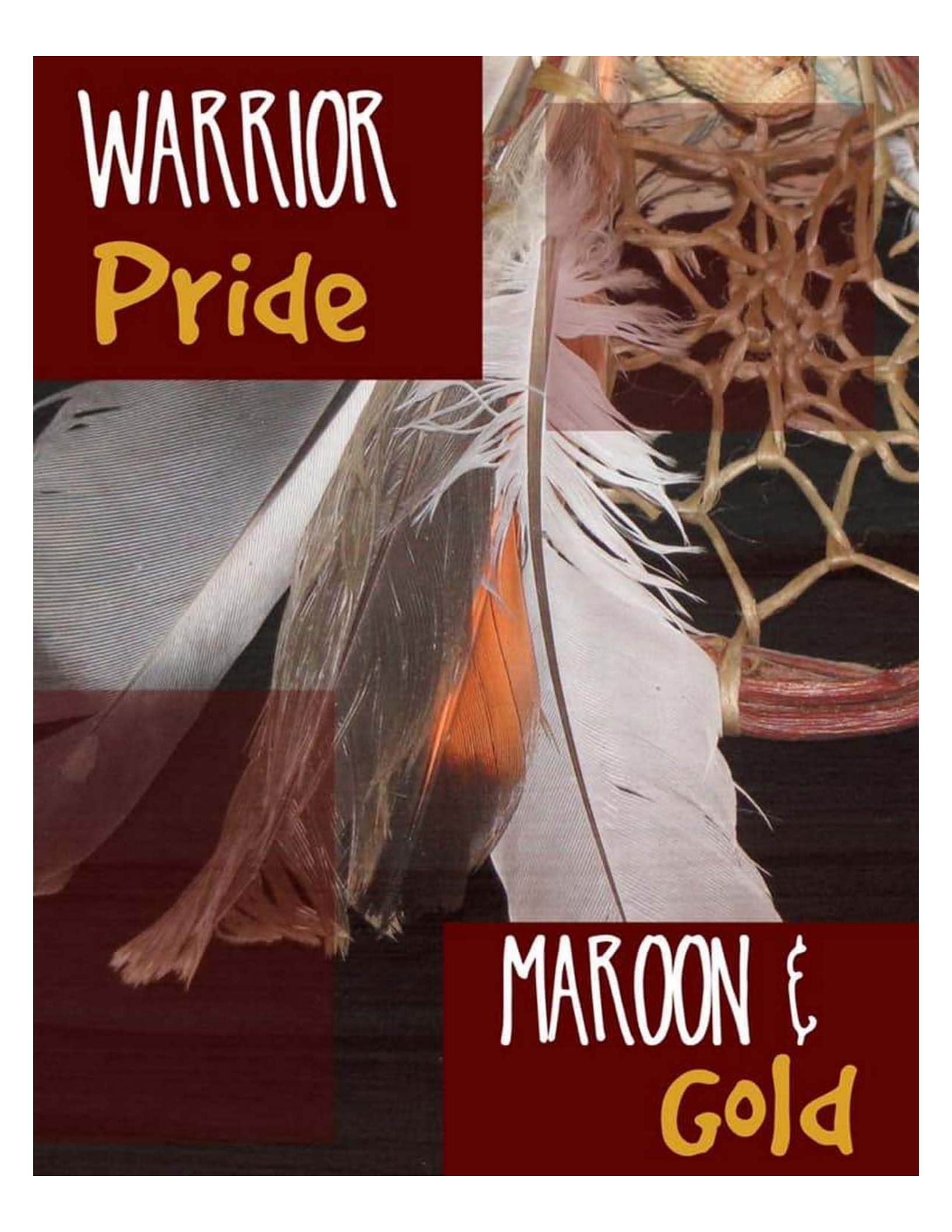






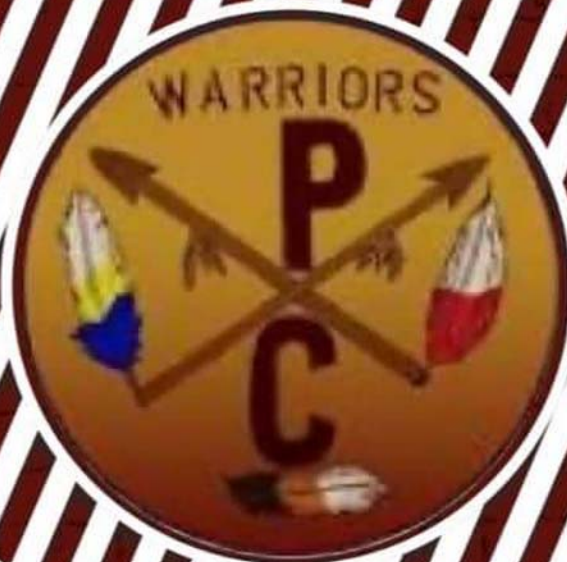
POCAHONTAS WARRIORS
2019

WARRIOR Pride

A collage featuring feathers and a dreamcatcher web. The background is a dark, textured surface. In the upper right, there is a close-up of a dreamcatcher's web, made of thin, light-colored threads. Below it, several feathers are visible. One feather is white with a brown base. Another feather is brown with a white base. A third feather is orange with a white base. The feathers are arranged in a way that they appear to be part of a larger object, possibly a headdress or a decorative item.

MAROON &
Gold

**KIRA
BIRCHER**



VALEDICTORIAN

ALEXA TAYLOR
CHARITY WARDER
CHARITY MORRISON
KYLIAN DENNISON
KELLY PYNE

SALUTATORIANS



WARRIOR TERRITORY























PCHS Warrior Soc...



Boys A/AA Region 3 all region teams

1st Team

Kolton Alderman -Striker

2nd Team

Jacob Davis - Striker

Timmy Sparks - Mid field

Bryson Cassell - Defender

Girls

1st Team

Kira Bircher - Striker

Laila Calhoun - Striker

Savannah McMillion - mid field

2nd Team

Macaden Taylor - Defense

Sienna Bircher - Goalie

All State Honors

Boys

Honorable Mention All State

Kolton Alderman

Girls

2nd Team All State

Savannah McMillion

Honorable Mention

Kira Bircher

Laila Calhoun









WVSSAC

@wvssac



Please take a moment on May 1, 2020 at 8:30 p.m. and participate in "Shine for WV Seniors 2020" by lighting up your school stadium, front lawn of your school or simply by flipping the switch to turn on your porch light in support of West Virginia's 2020 senior class.



Shine for WV Seniors 2020

On May 1, 2020 at 8:30 p.m., show your support for seniors in the class of 2020 by lighting up your Friday night lights in stadiums across West Virginia.

Tag us on twitter @wvssac #ShineYourLightWV



PCHS

WARRIOR
PRIDE





**CONGRATS
GRAD**



**PCHS
WARRIORS
CLASS OF
2020**

THOMAS
GINGER HAILEY
COLLEEN
TREVOR
RYLEIGH
JENNELL
CHARITY
EMMET
JACOB
BILL
KEIRA
JASON
AUGUST
AMELIA
ANDREW
KAITLYN
ROBERT
ANDREA
MATTHEW
VIOLET
DALTON
CHARITY
KOLTON
DILLON

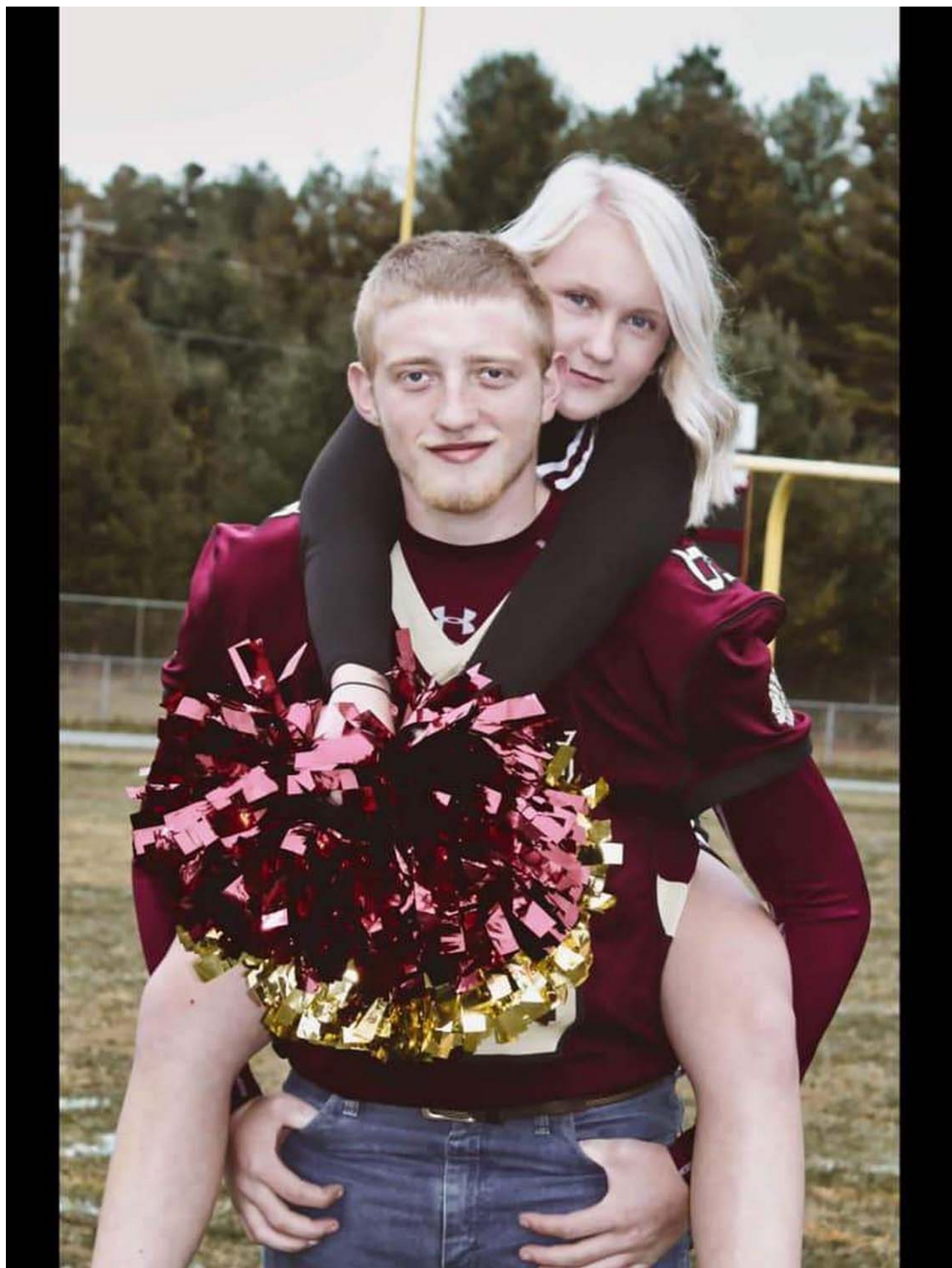
ALEXA
DILLON
JERICA
KELLY
DAKOTA
KYLIAN
ISSAC
BRODY
TWYLA
CLOEY
JOSIE
KIRA
MATTHEW
ALEXANDRA
GLENN
DAKIN
SARAH
CRYSTAL
HALLIE
CARLY
SAGE
ISAAC
DAVID
CARRETT
SIERRA
EMILY
SHAYNA
DEVYN
DAPHANIE
CALEB
RYAN
MARGARET
LAILA
REESE
ELIZABETH























Kin Taylor

3m ago

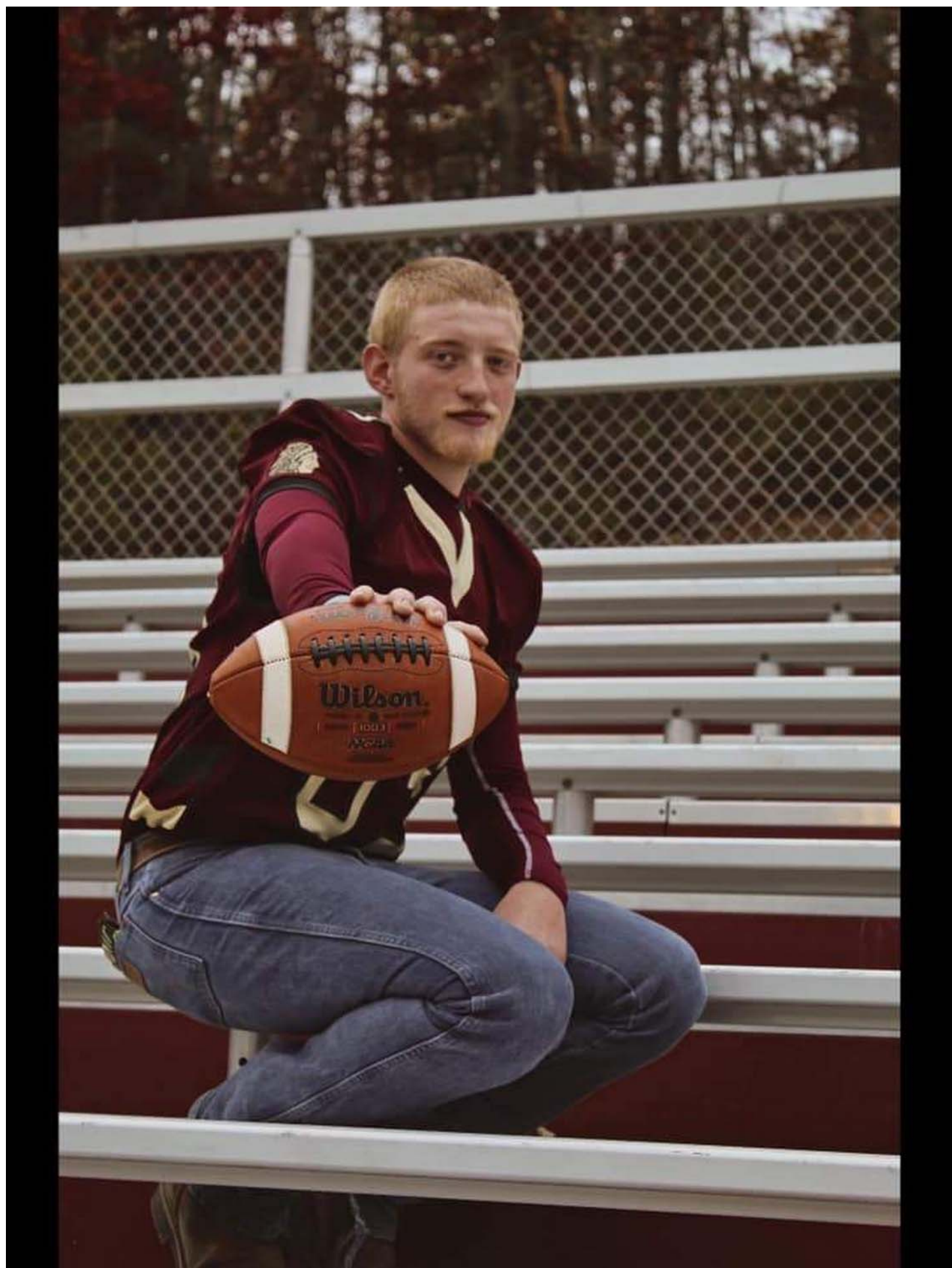
prom with my honey💖

CHAT













OUR CLASSROOMS MAY BE EMPTY, BUT OUR SCHOOL SPIRIT ISN'T!



M

ACTIVE DAY [we want to know how you are staying active today]

T

PET DAY [we want to meet your pets, lets see those cute faces]

W

READING/WATCHING [what have you been reading or watching?]

T

HAWAIIAN DAY [show us your best Hawaiian look]

F

WARRIOR PRIDE DAY [let's see all that maroon & gold!]







































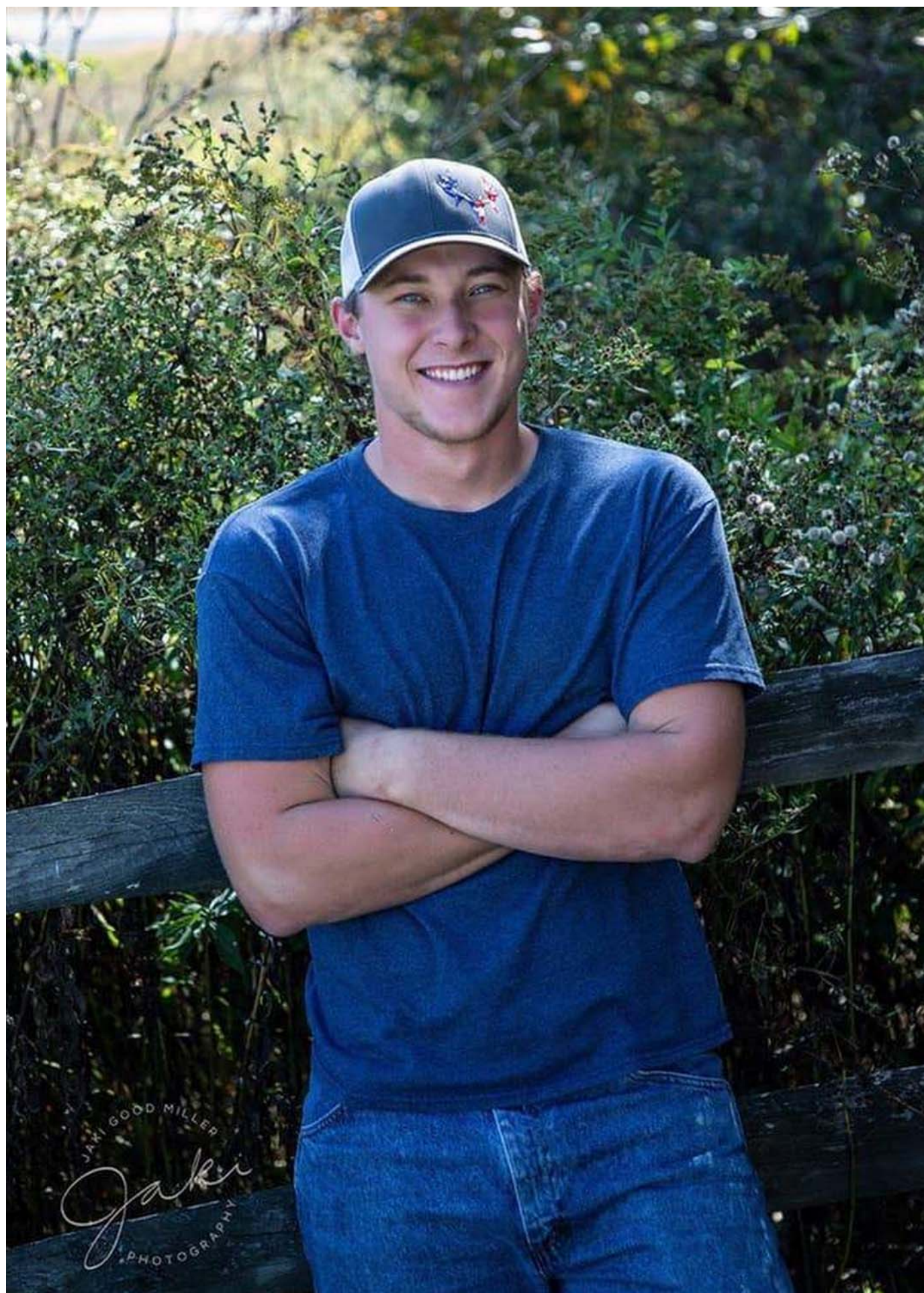


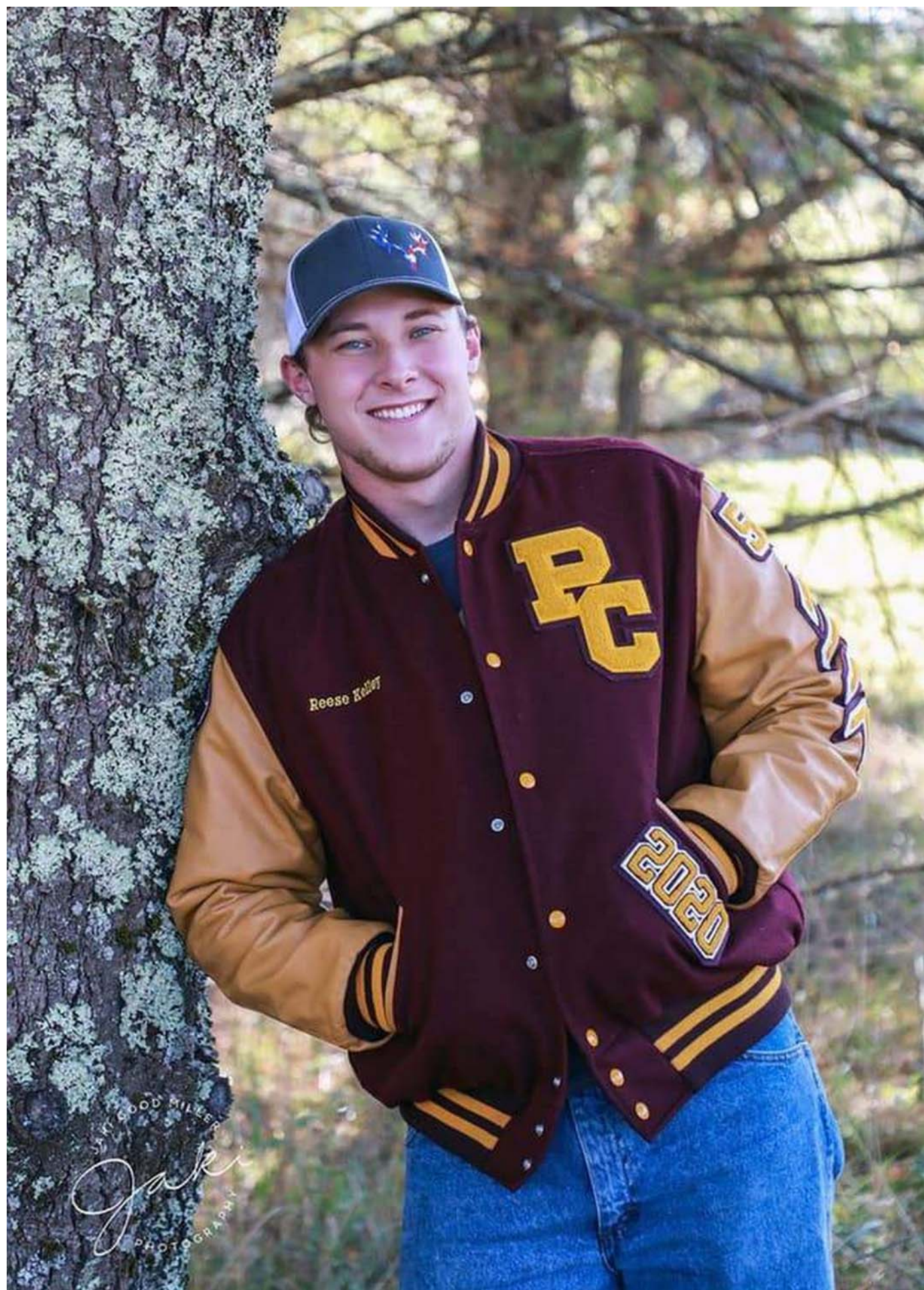










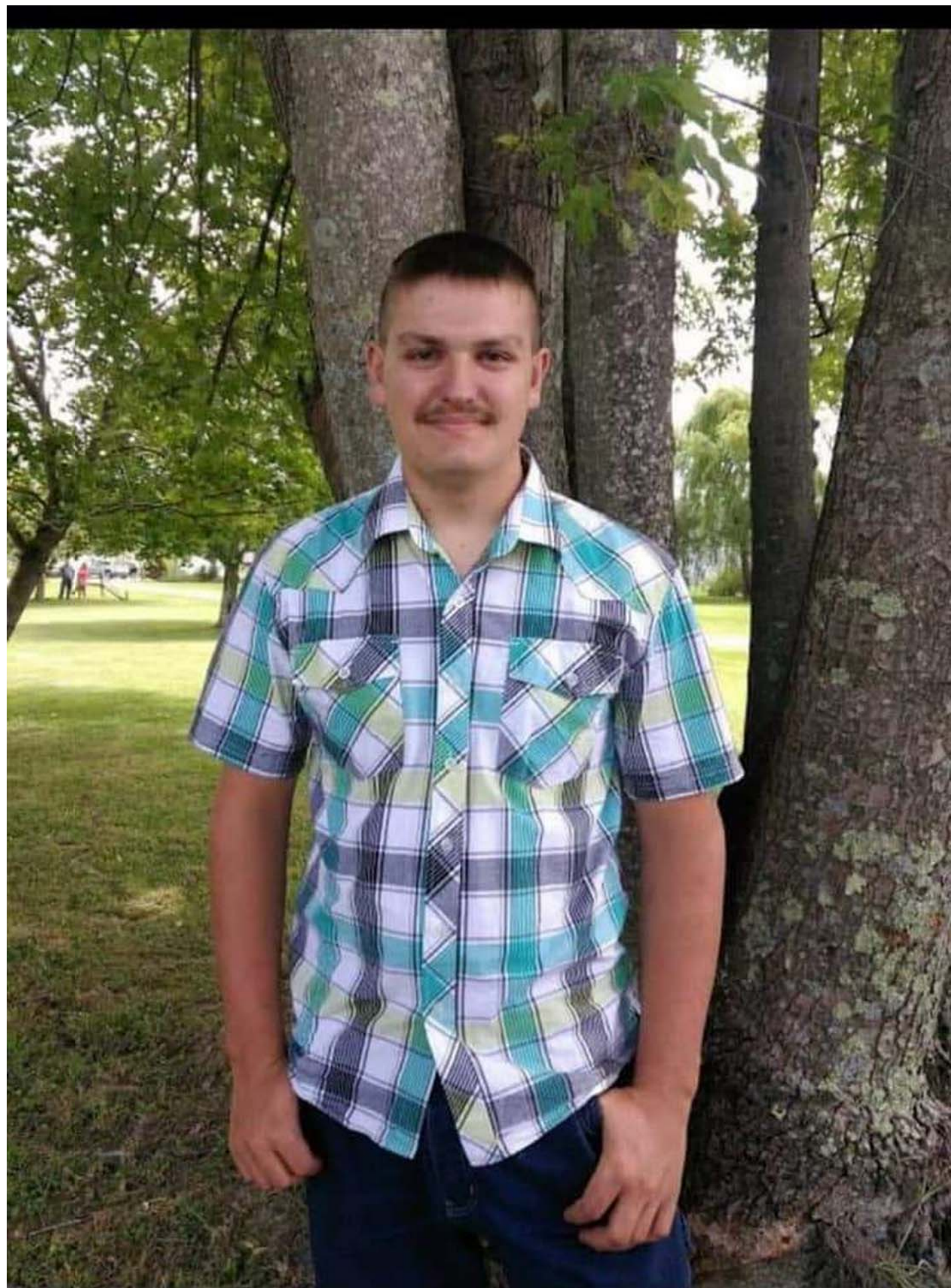


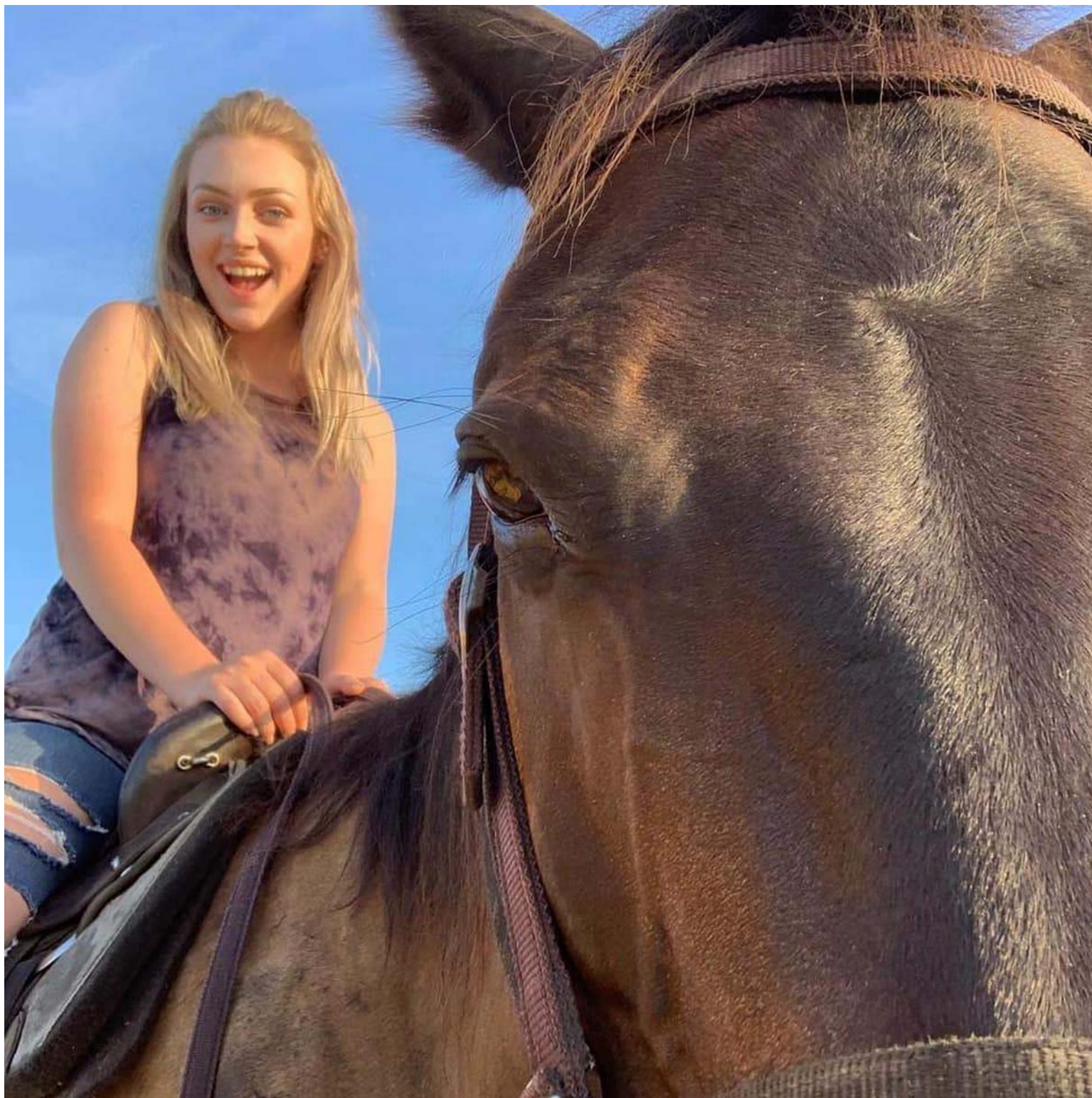






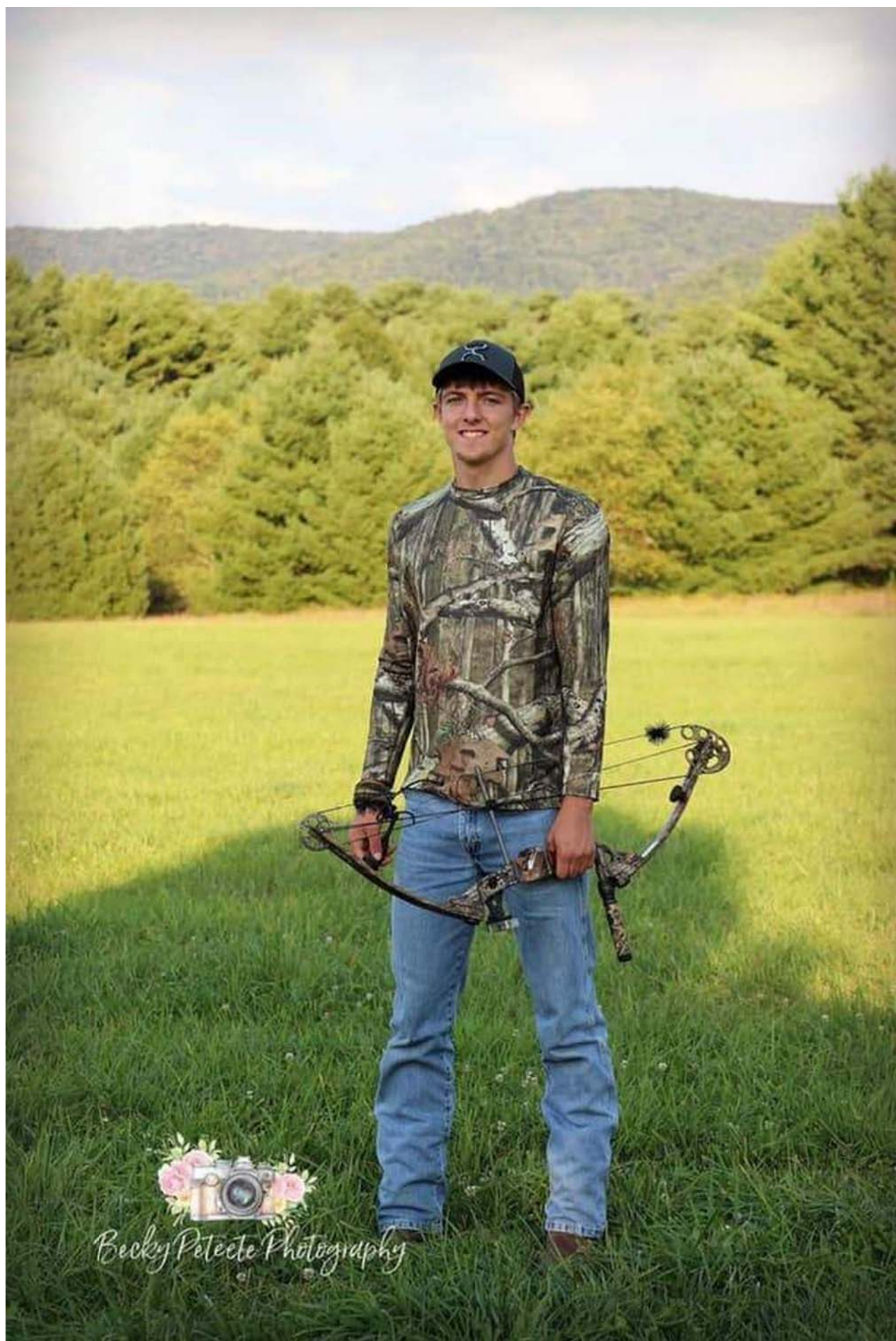


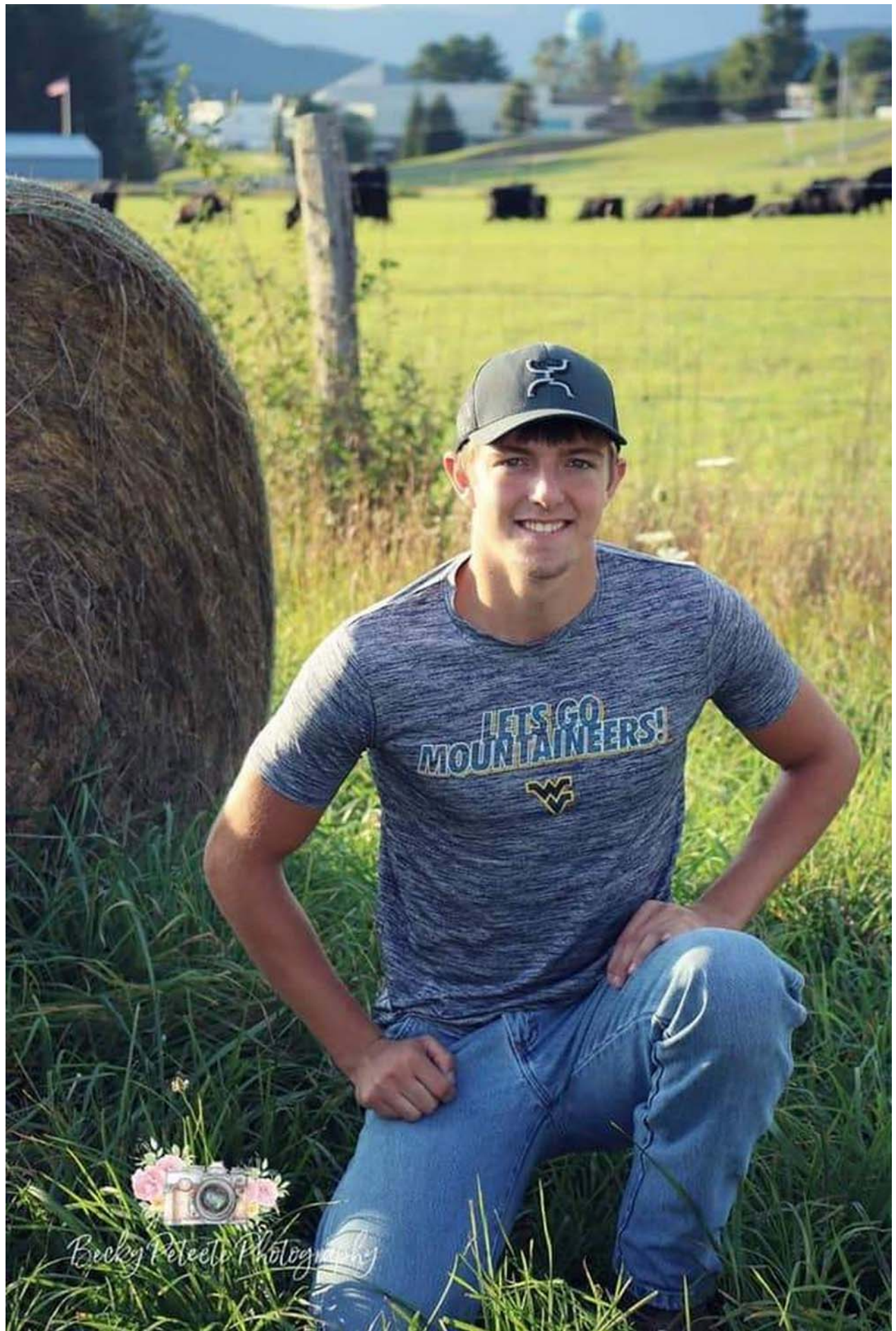


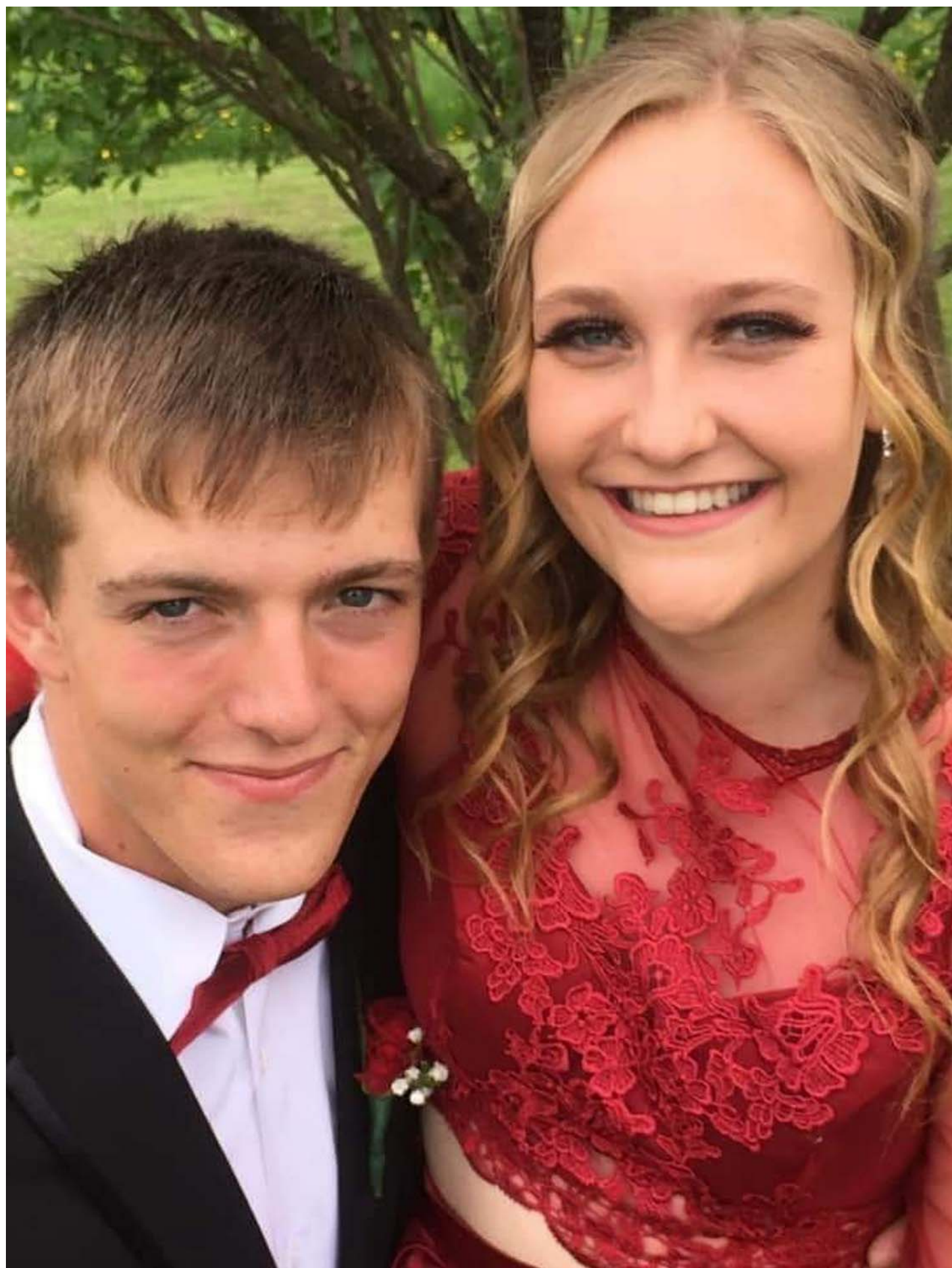
















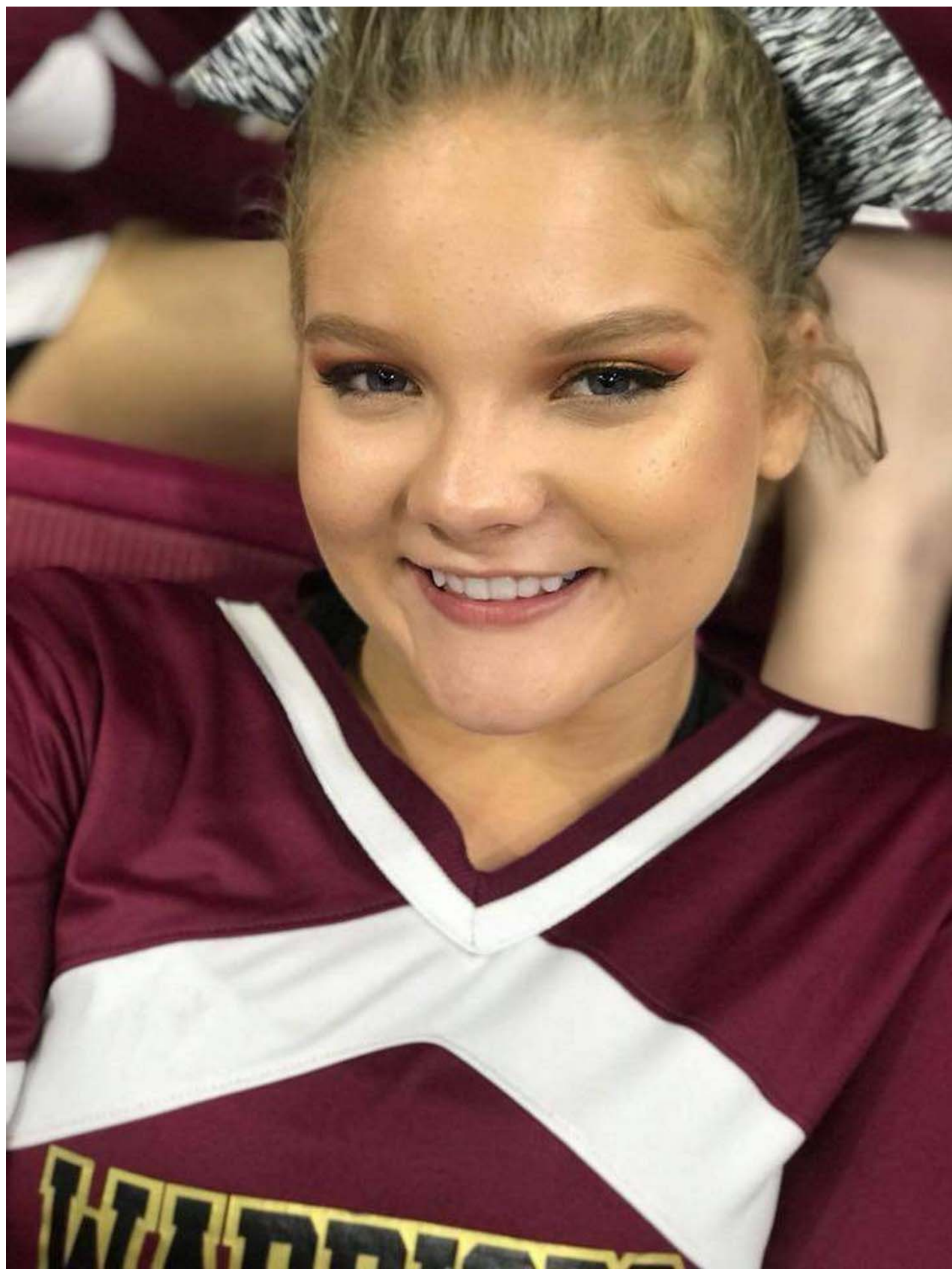
















Photo: Maria Workman

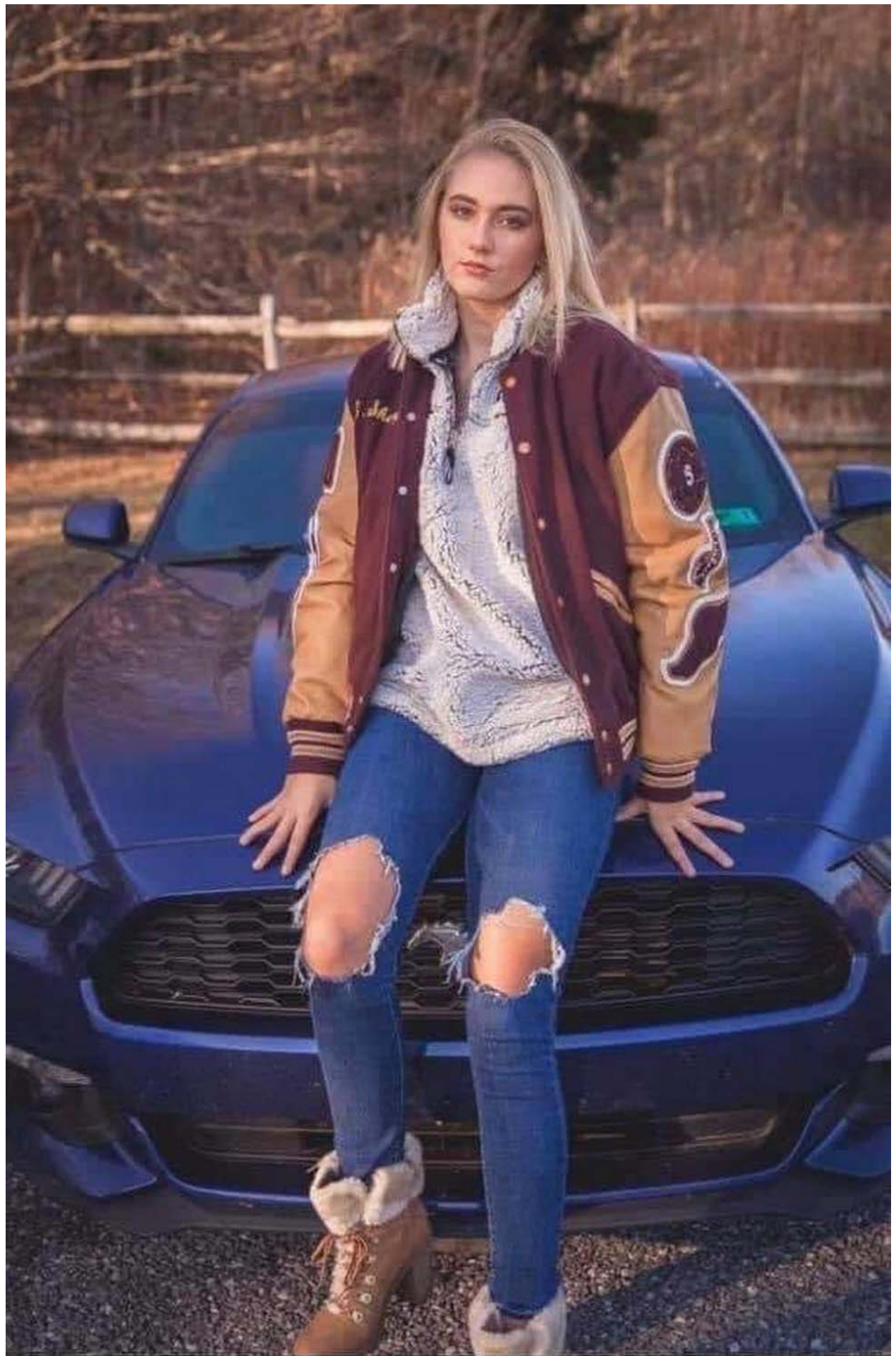






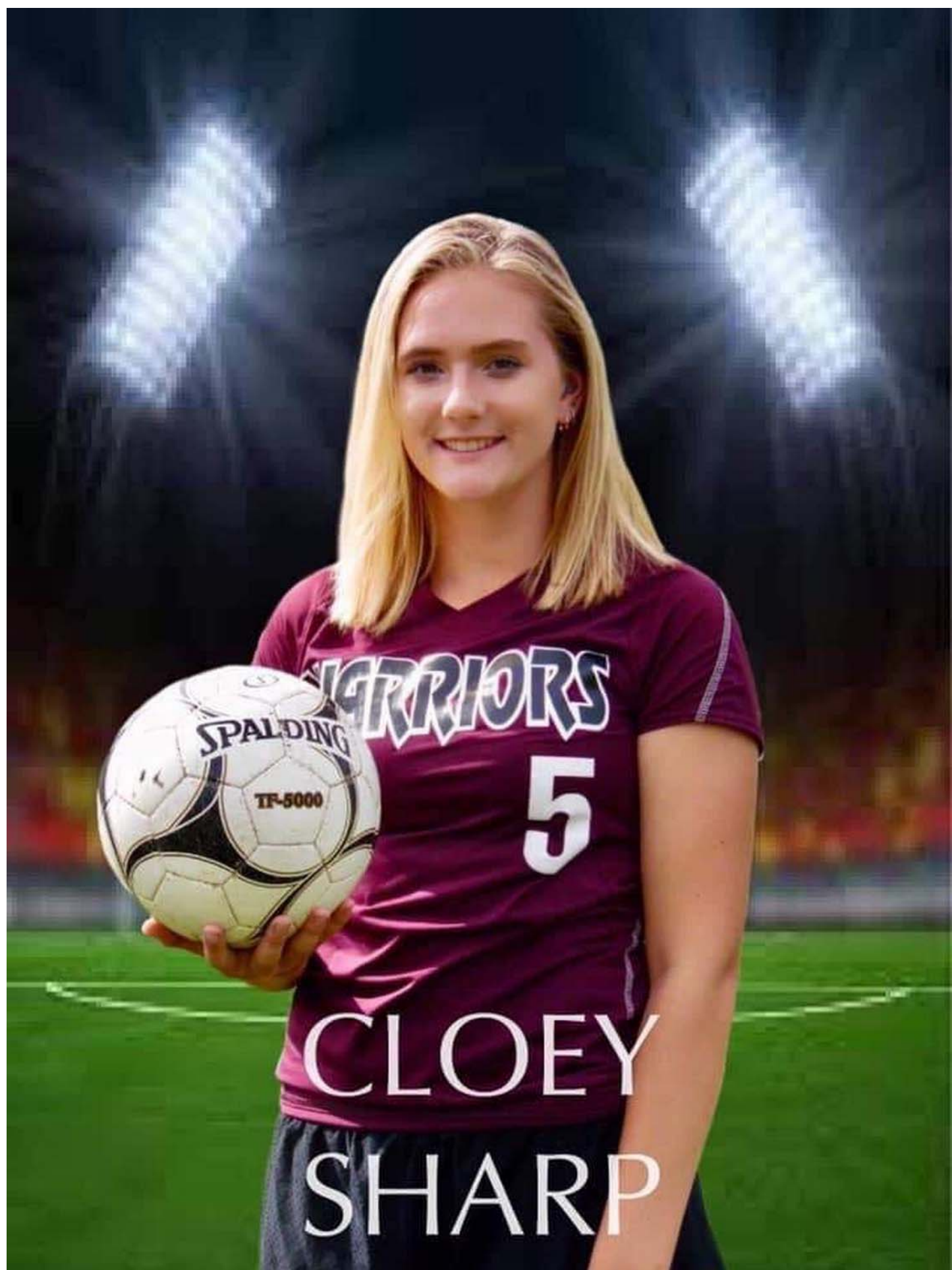


Photo: Maria Workman



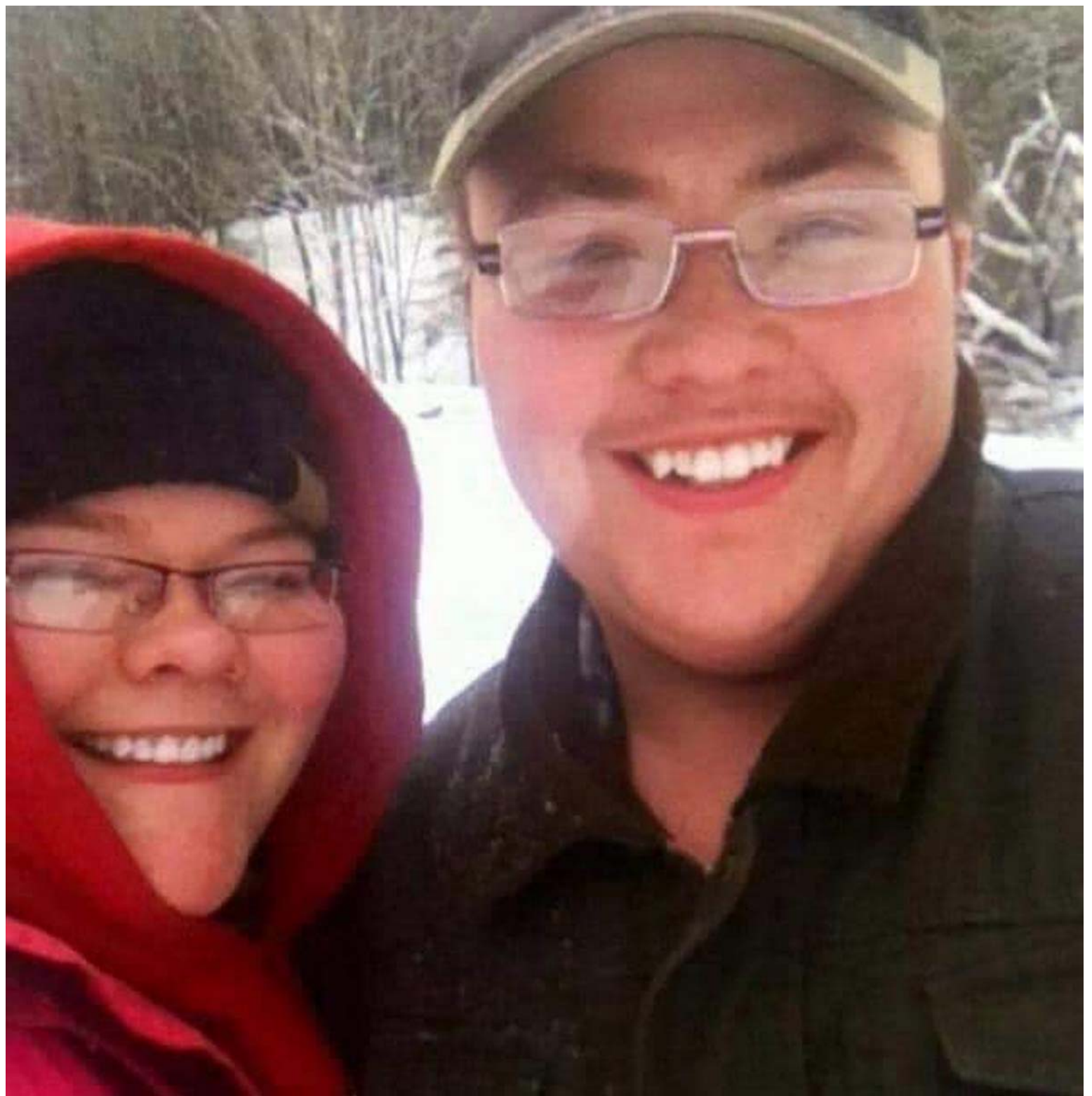






CLOEY
SHARP

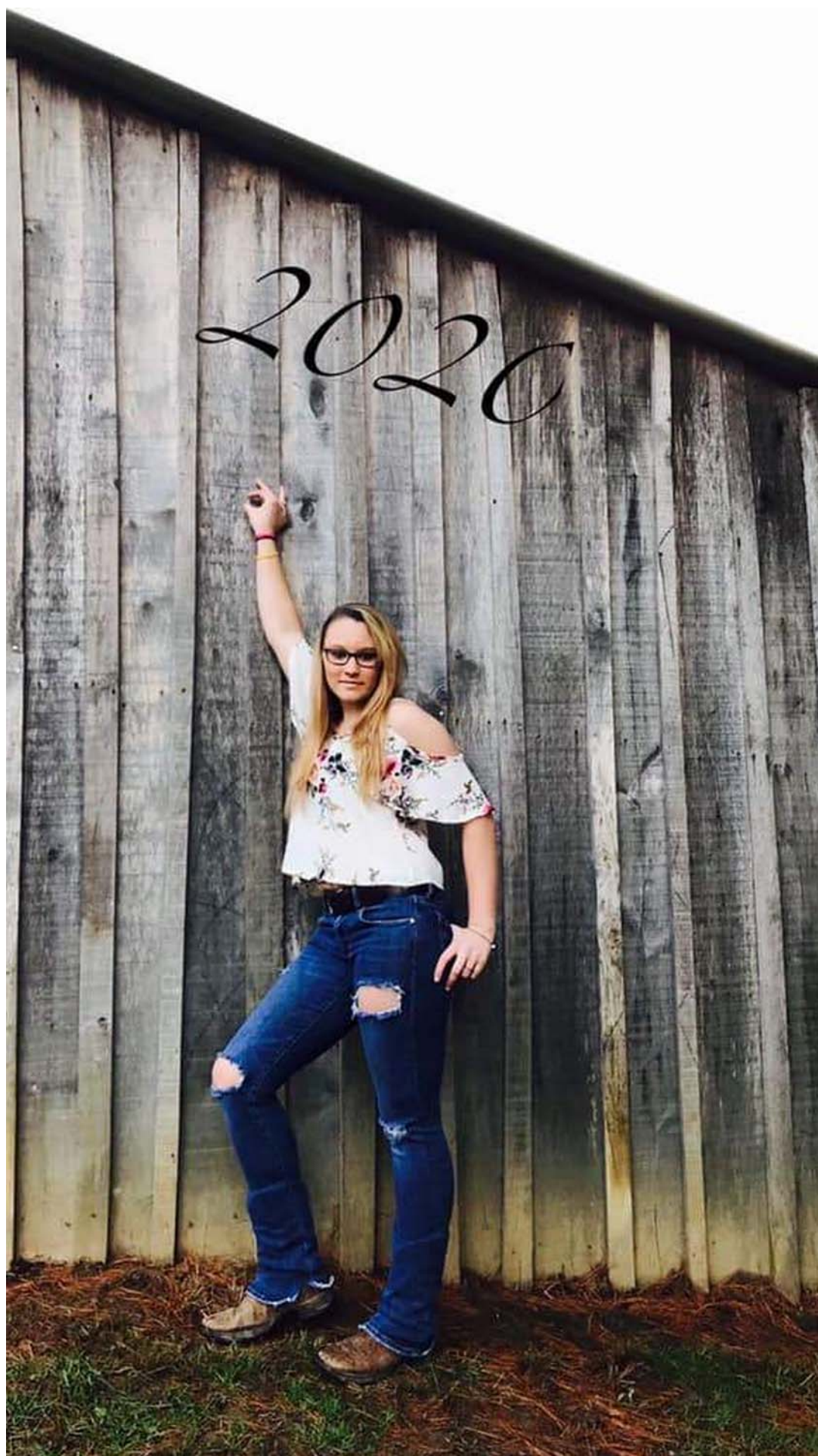








2020































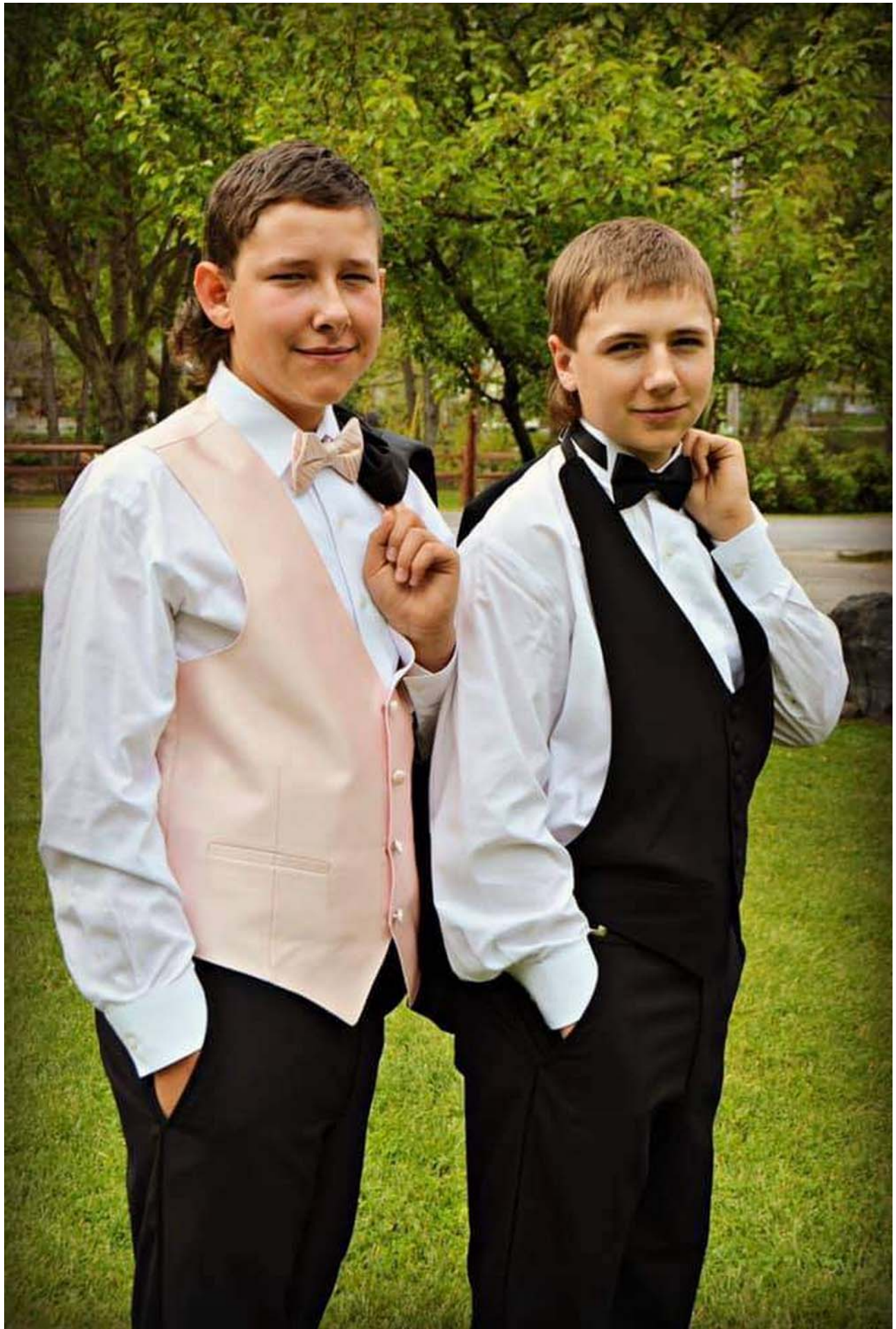


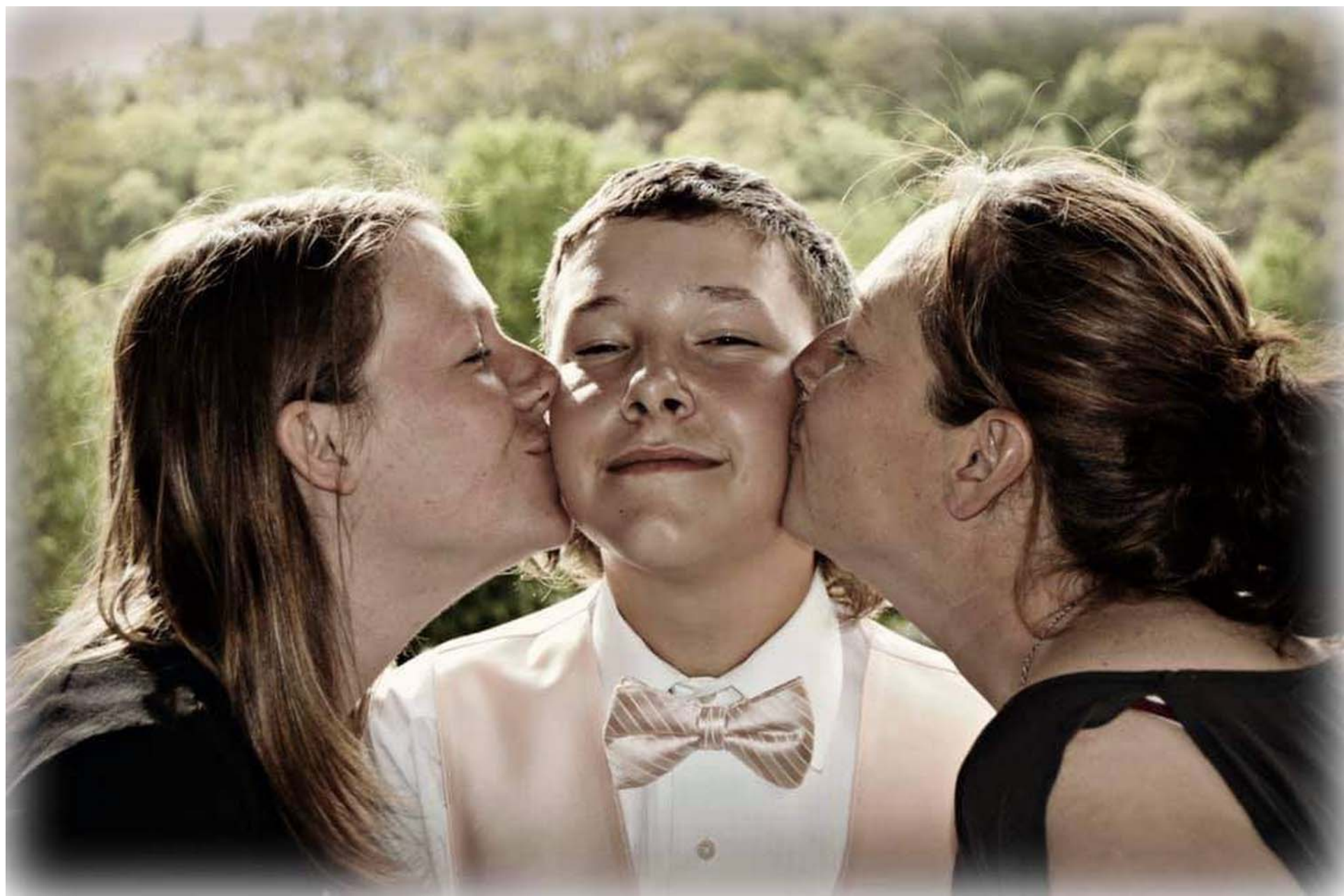




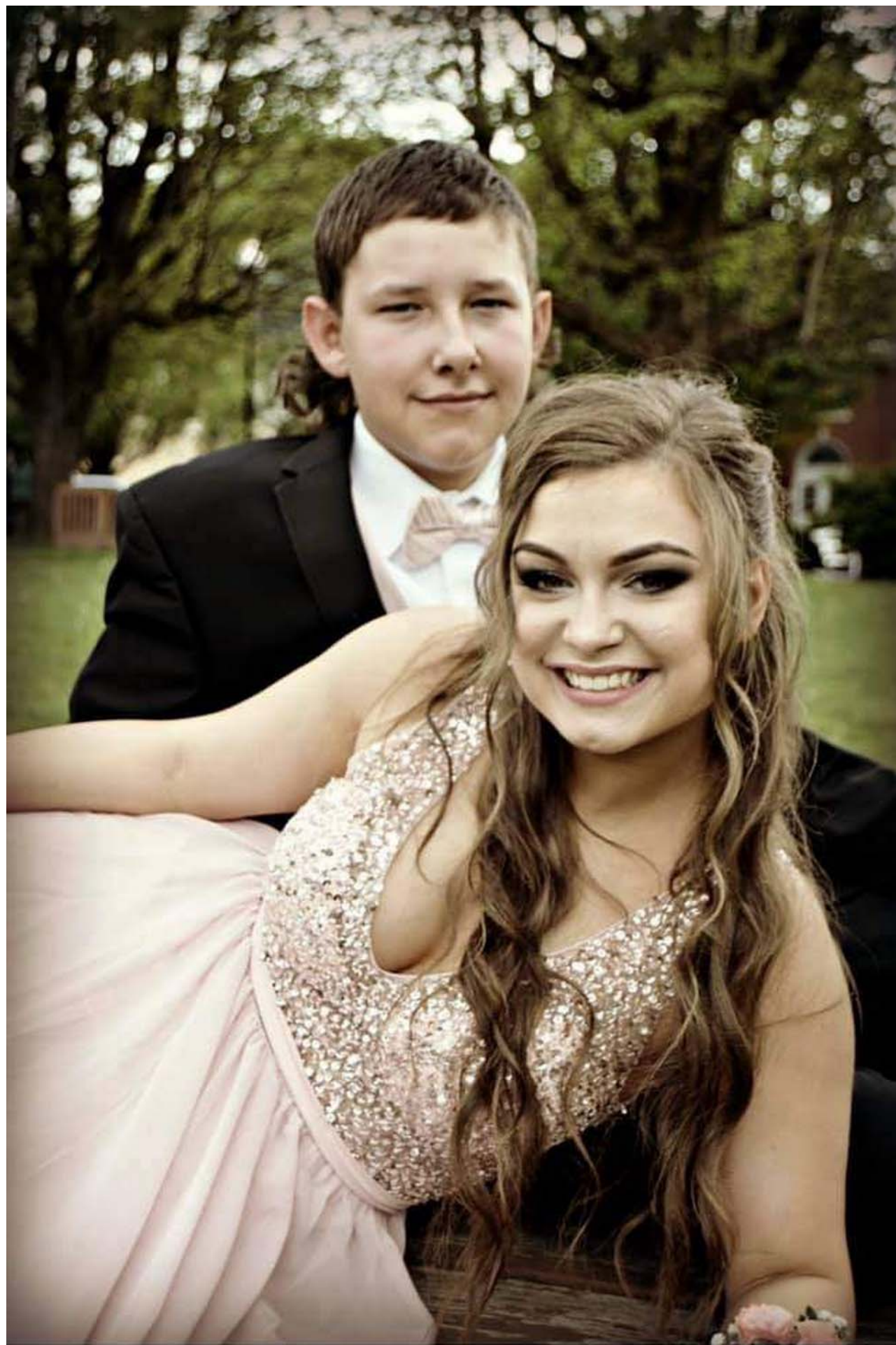










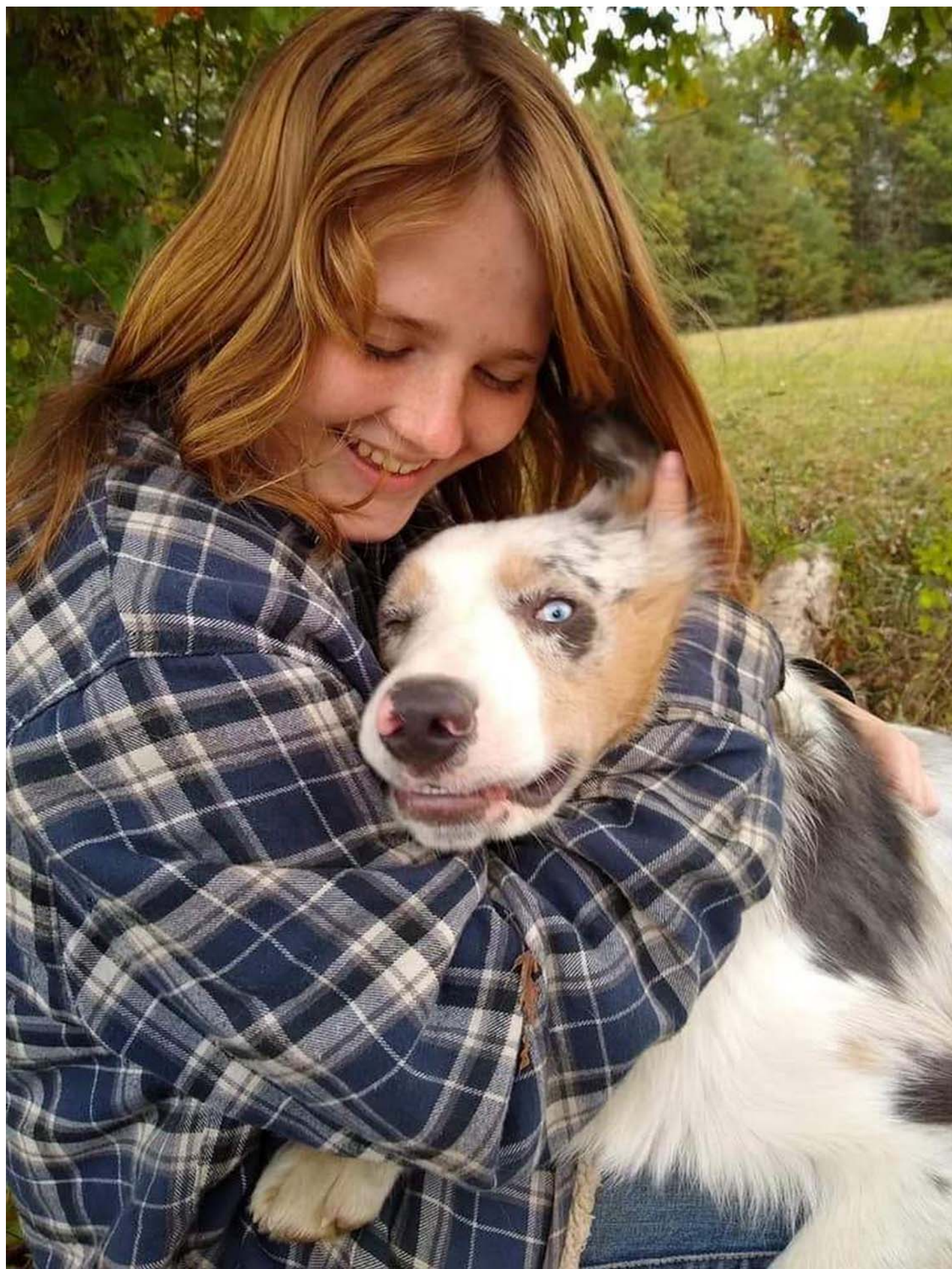


Devyn



Warriors #08





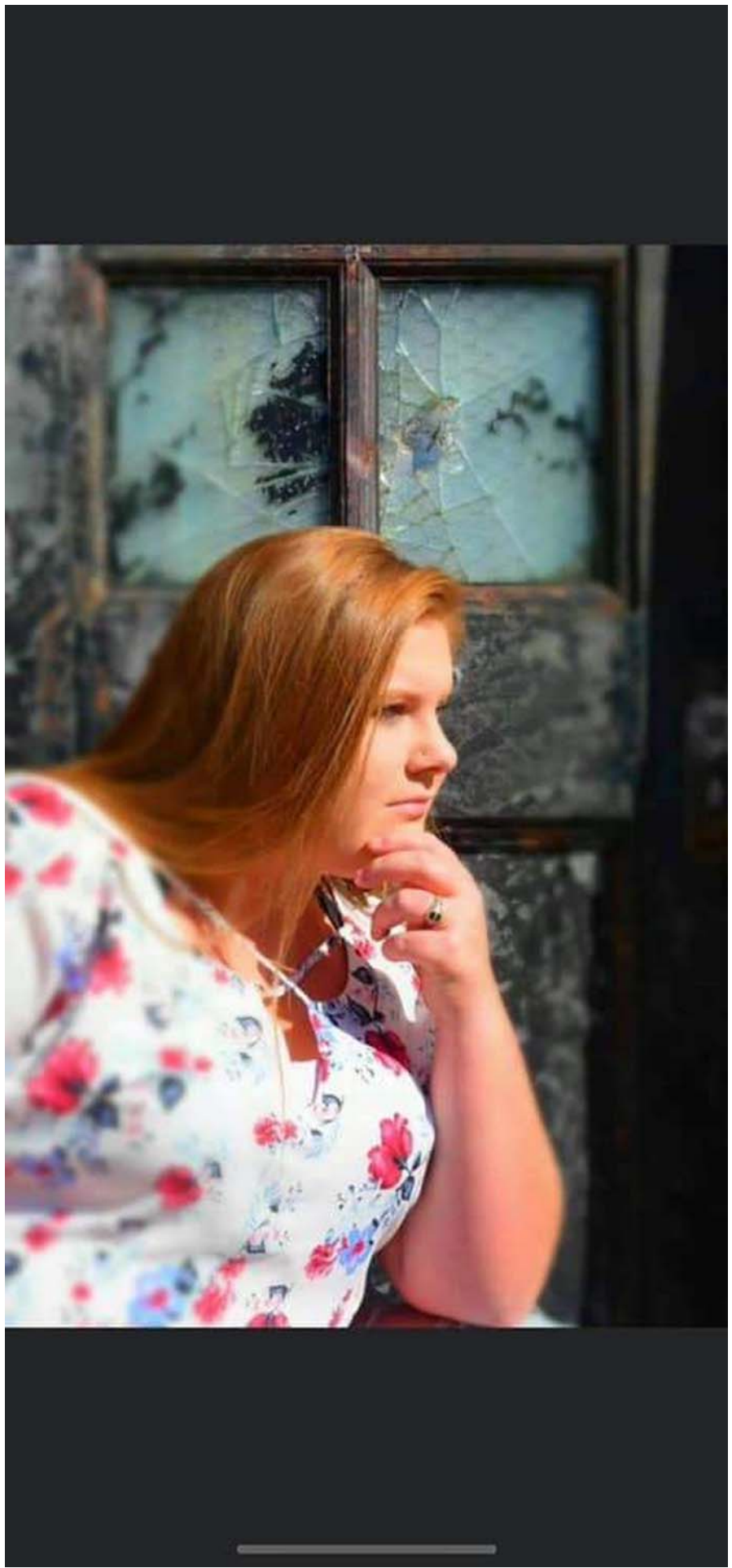




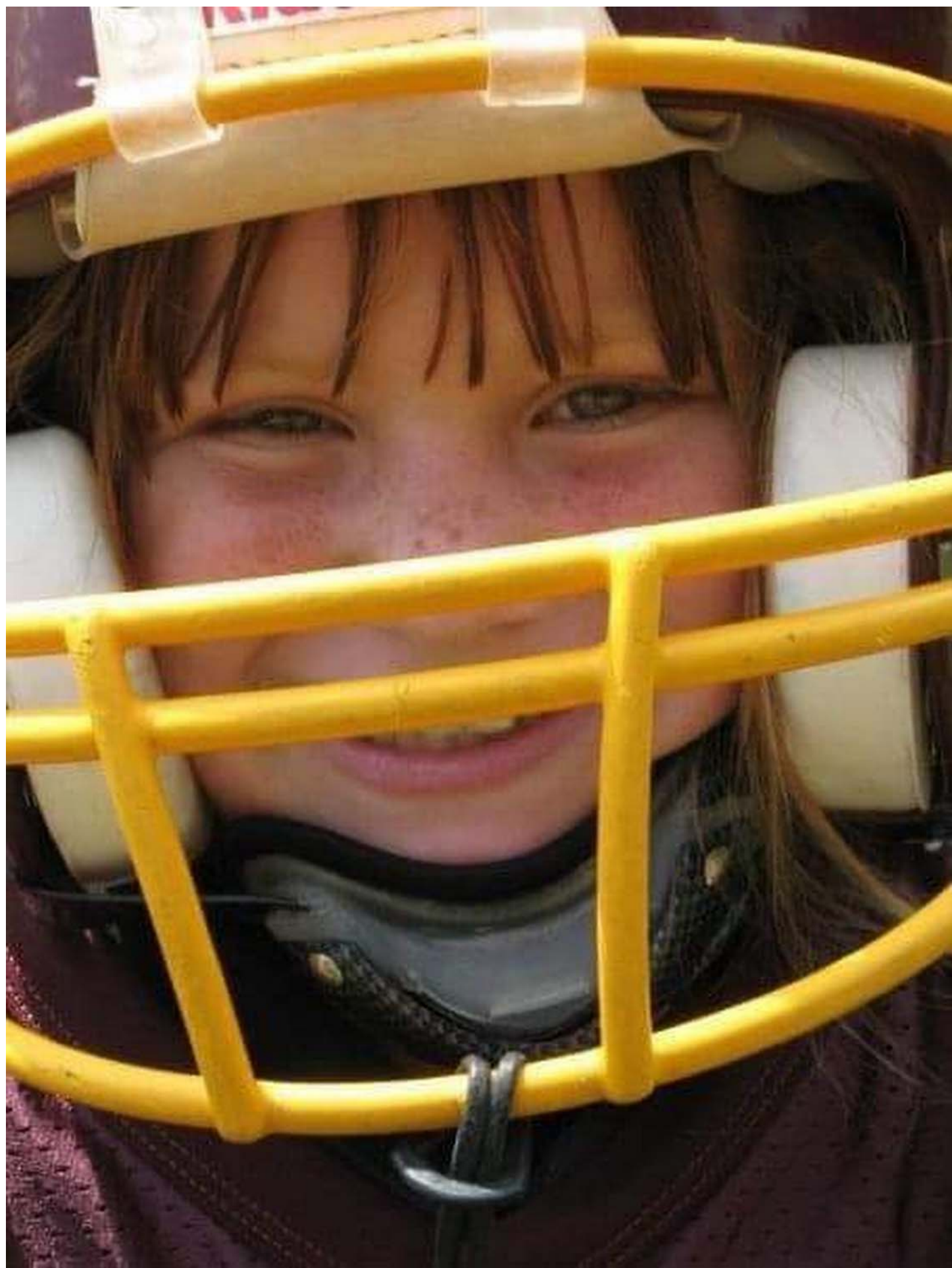


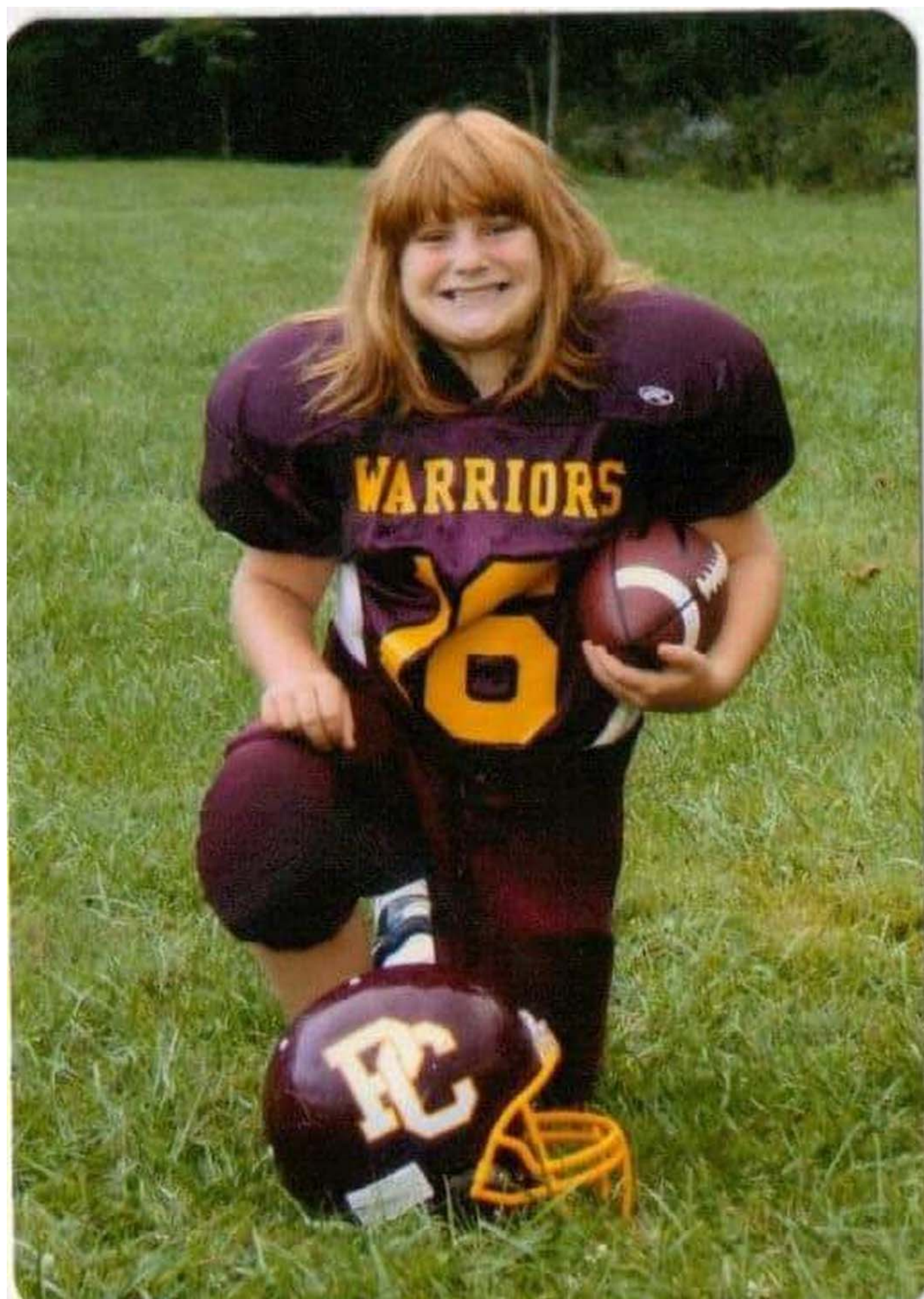










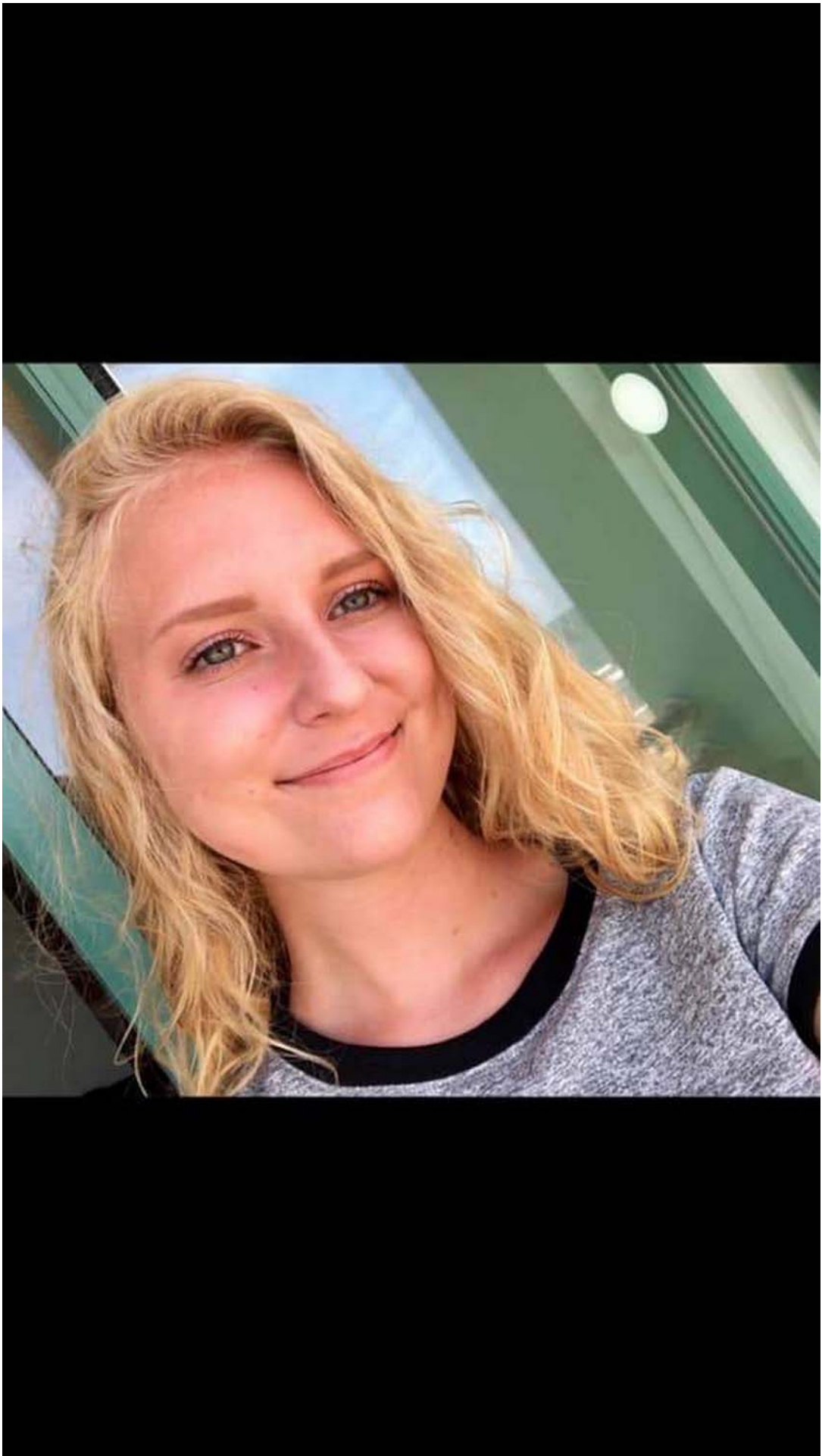


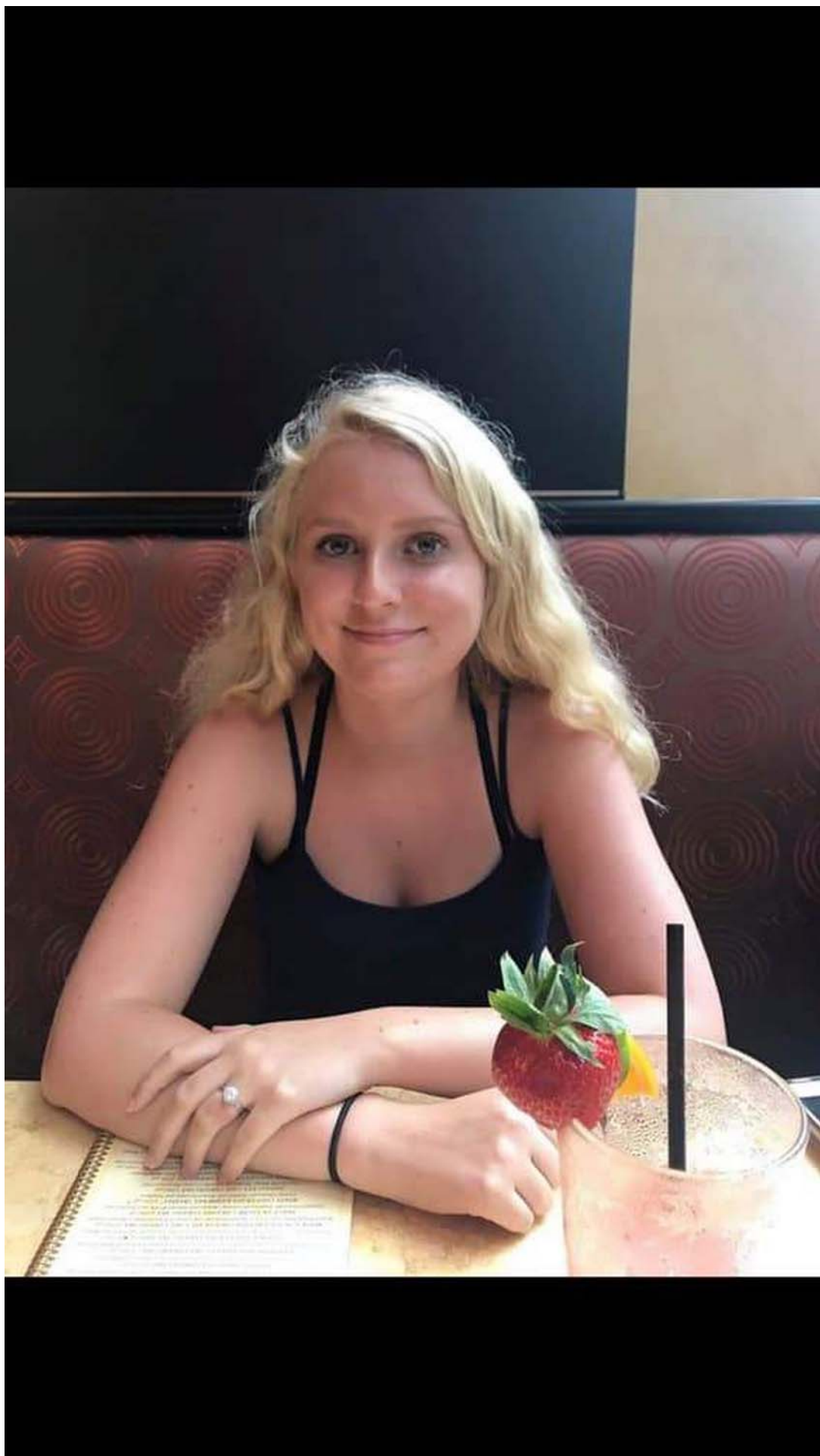




















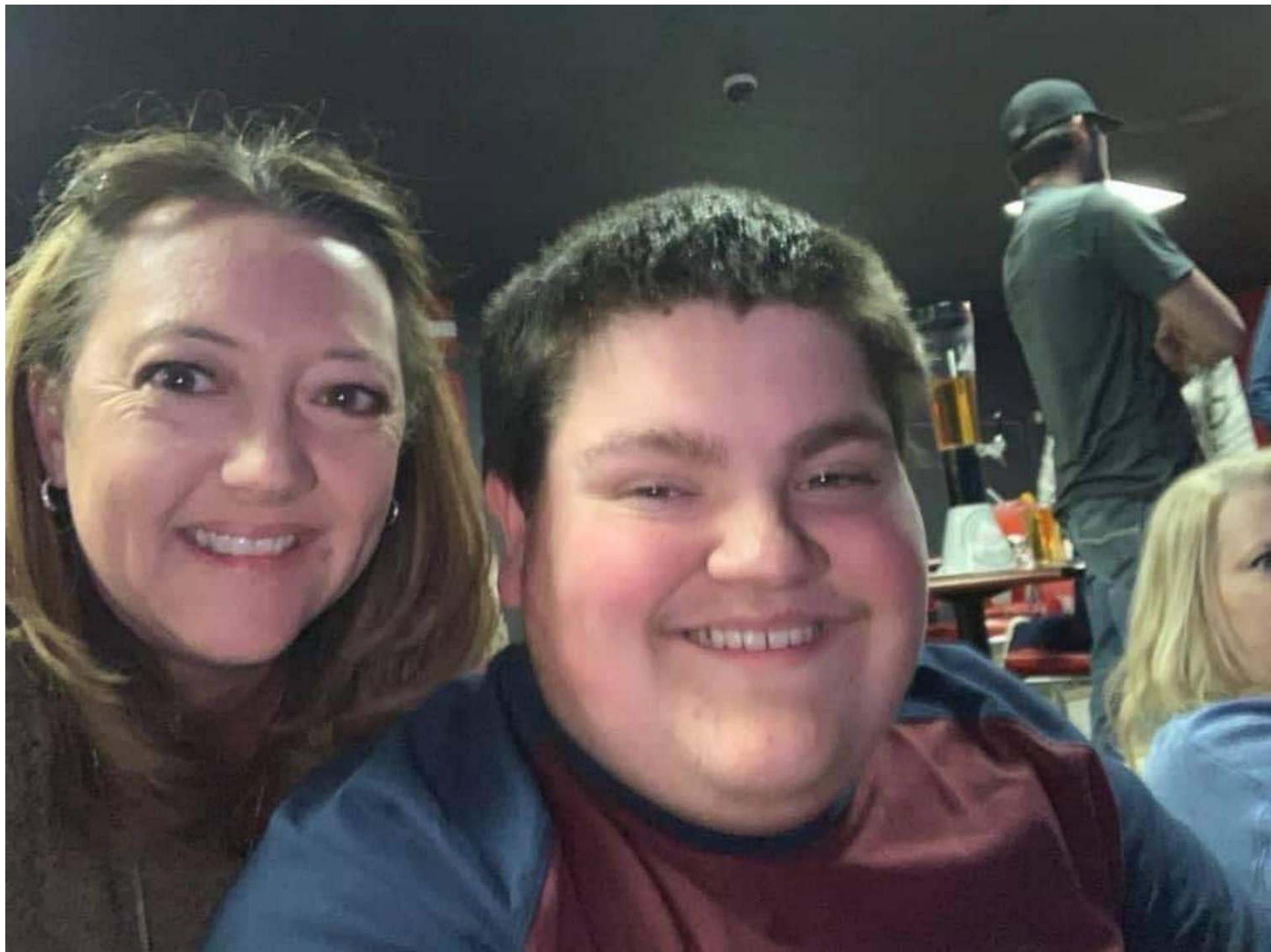


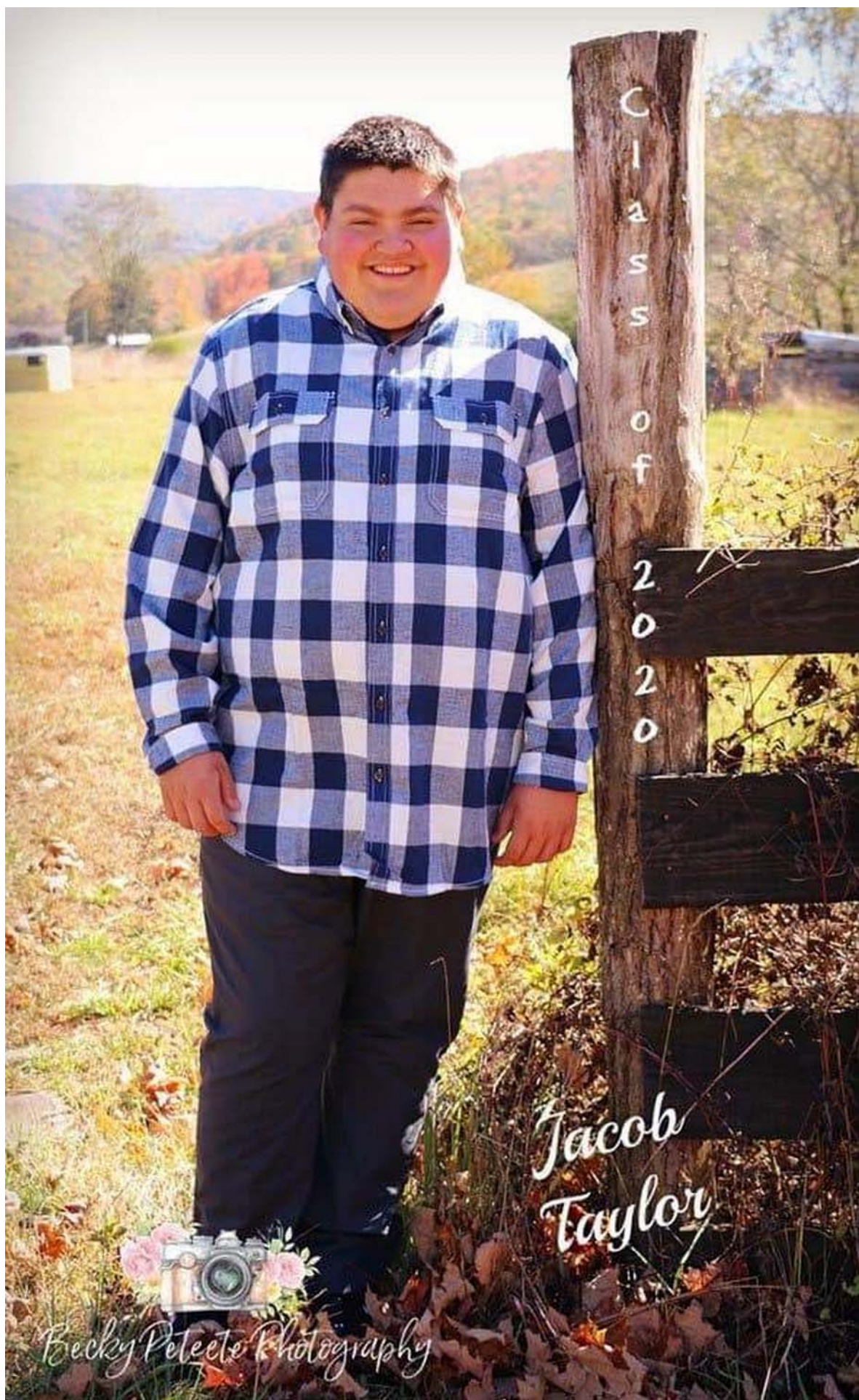












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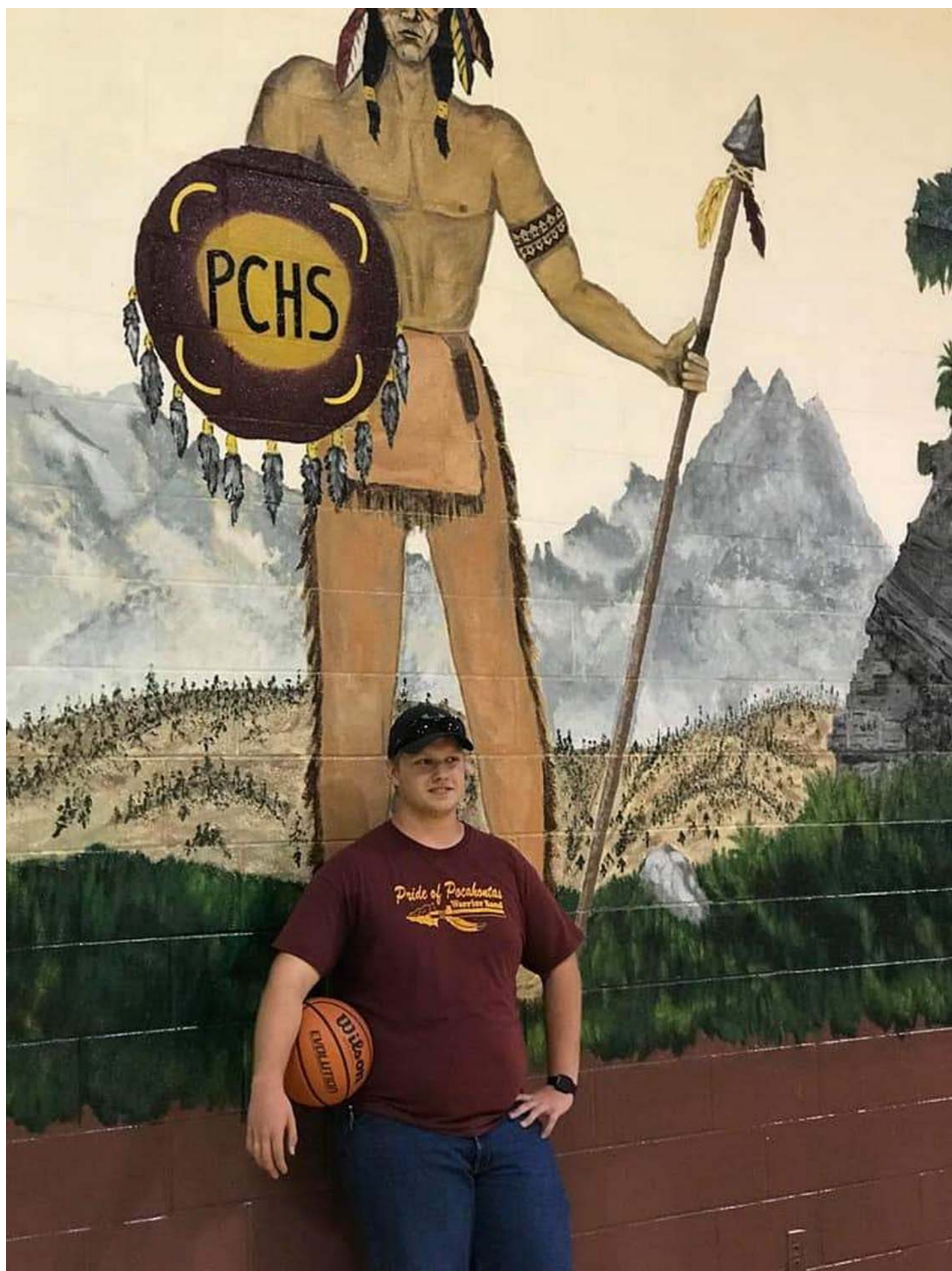
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Jacob
Taylor

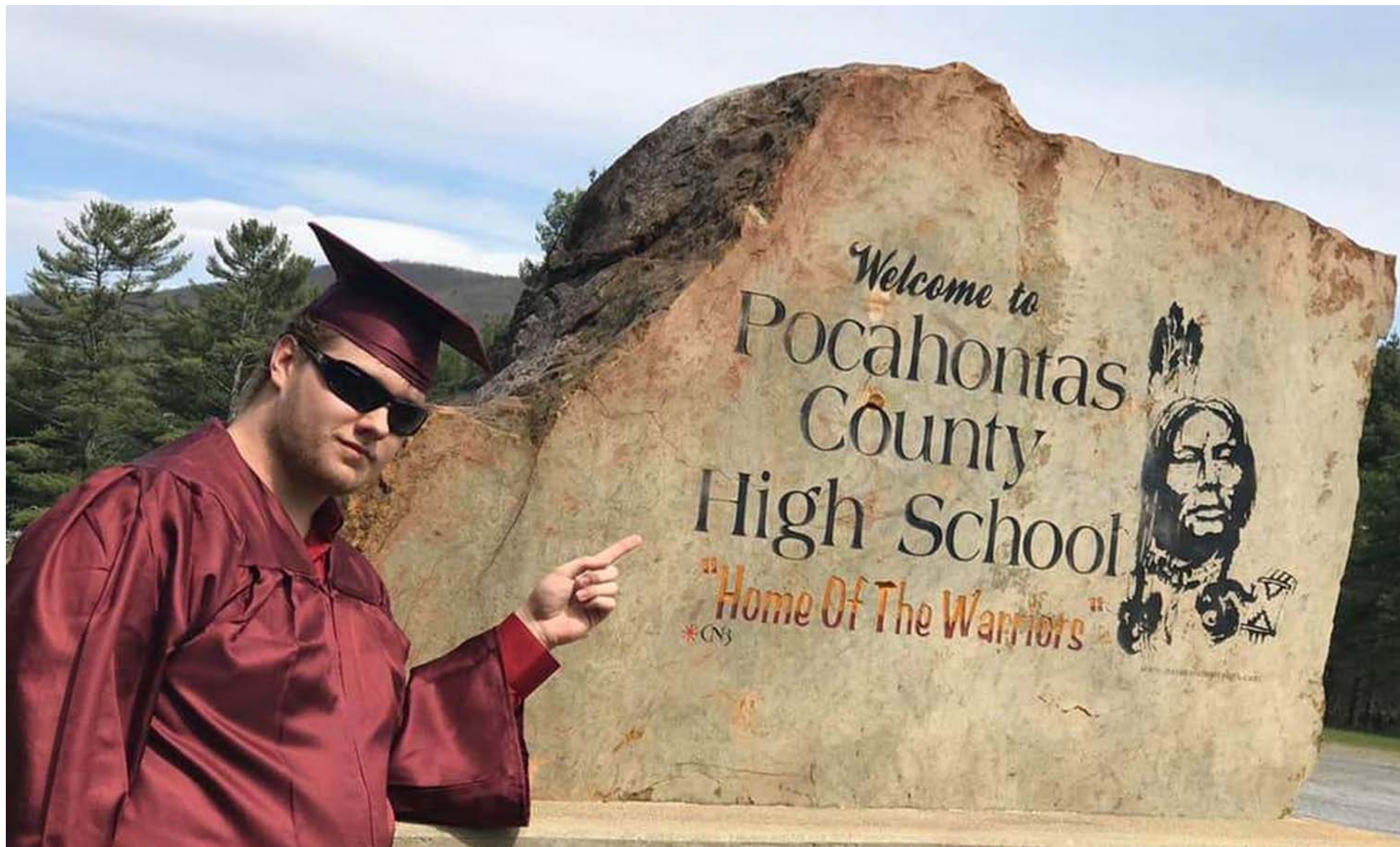
Becky Peteete Photography







































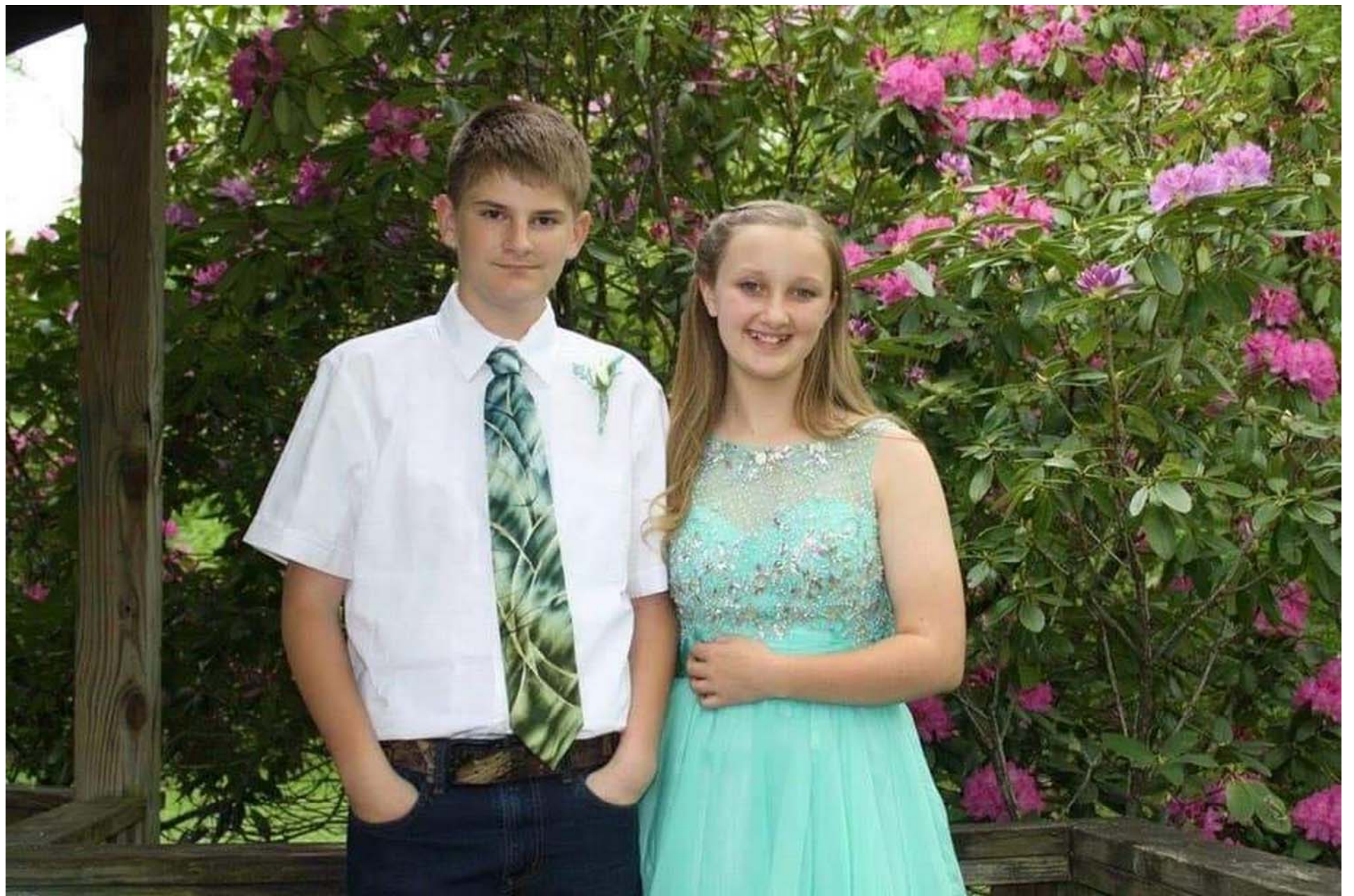




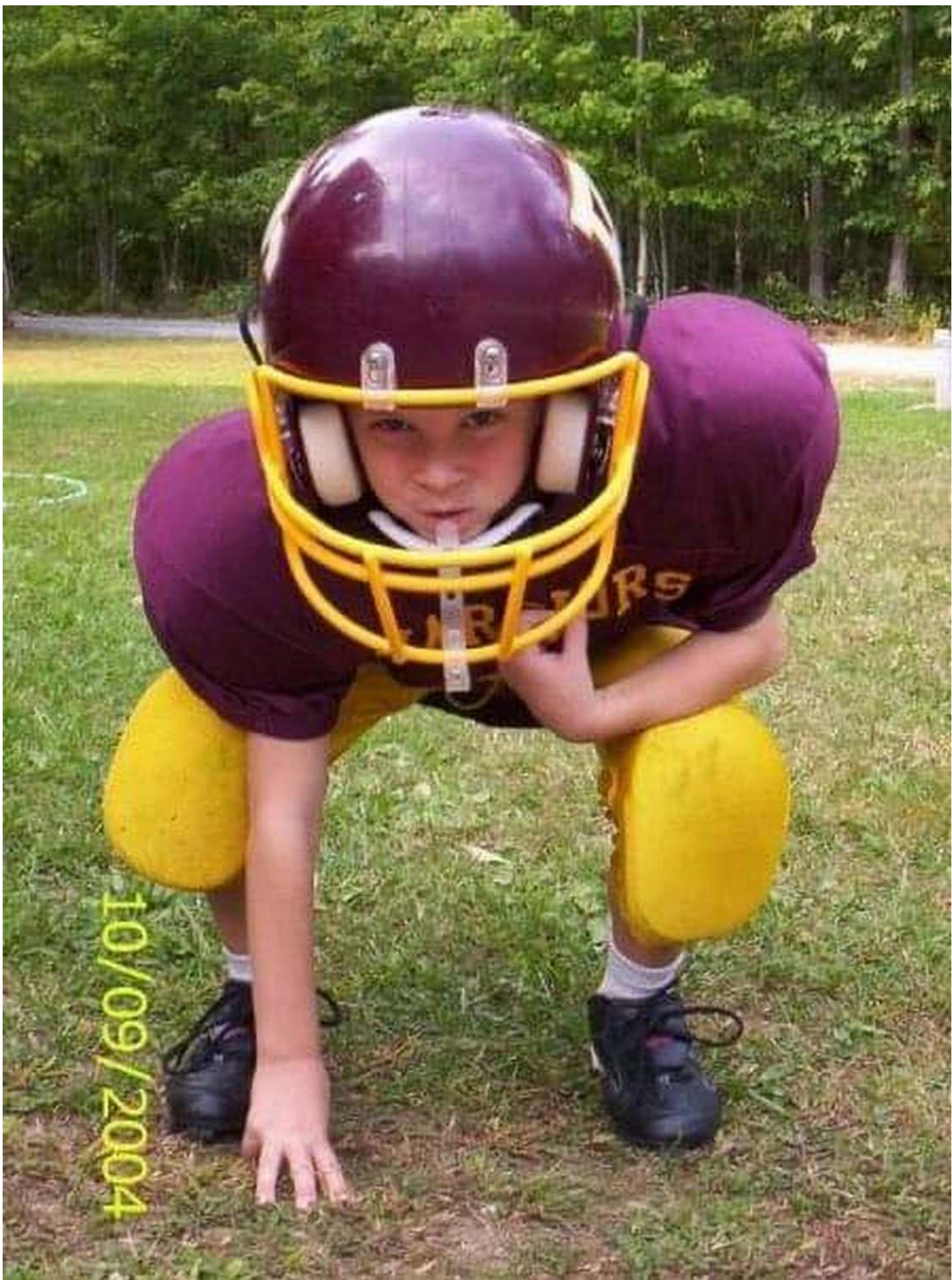










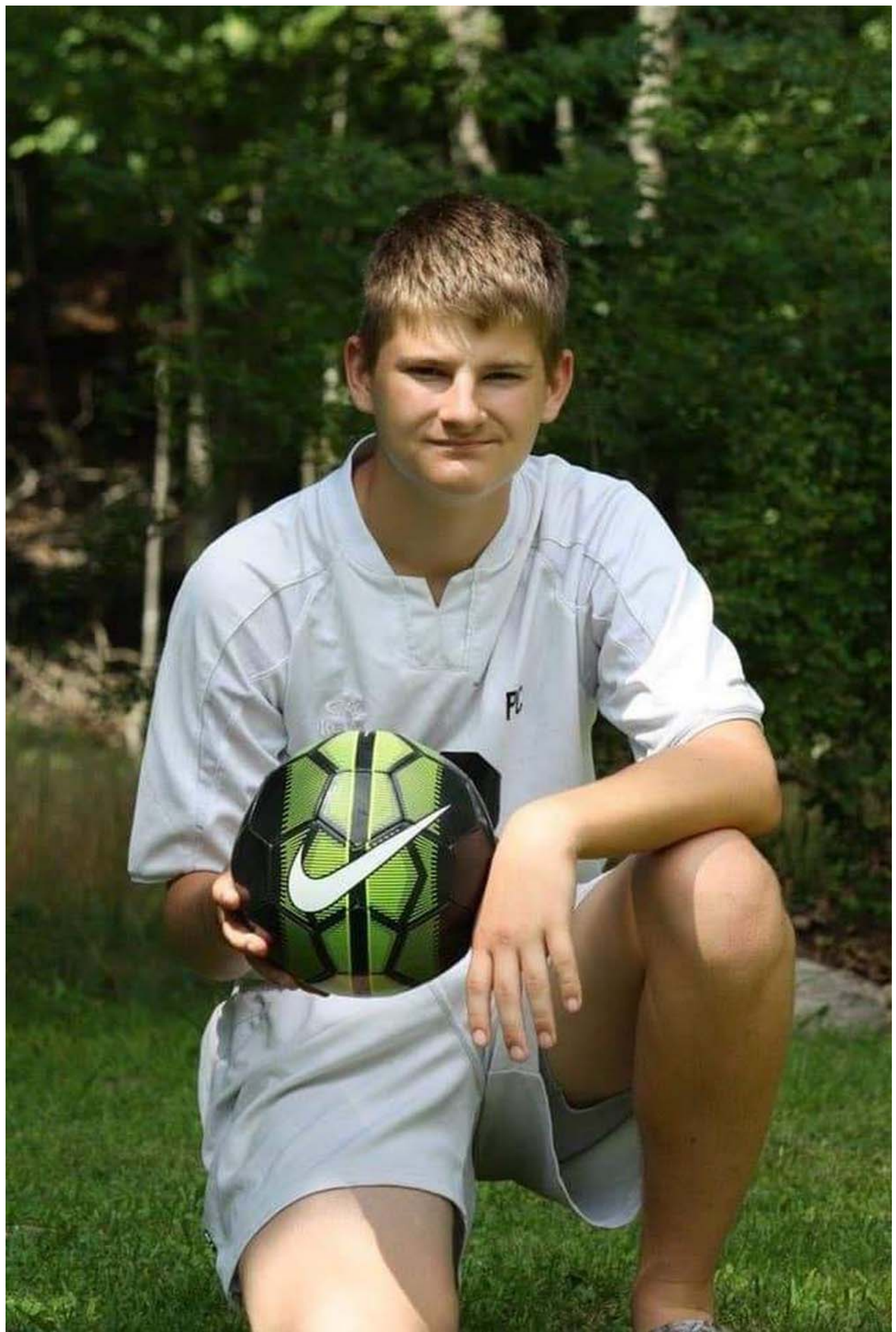


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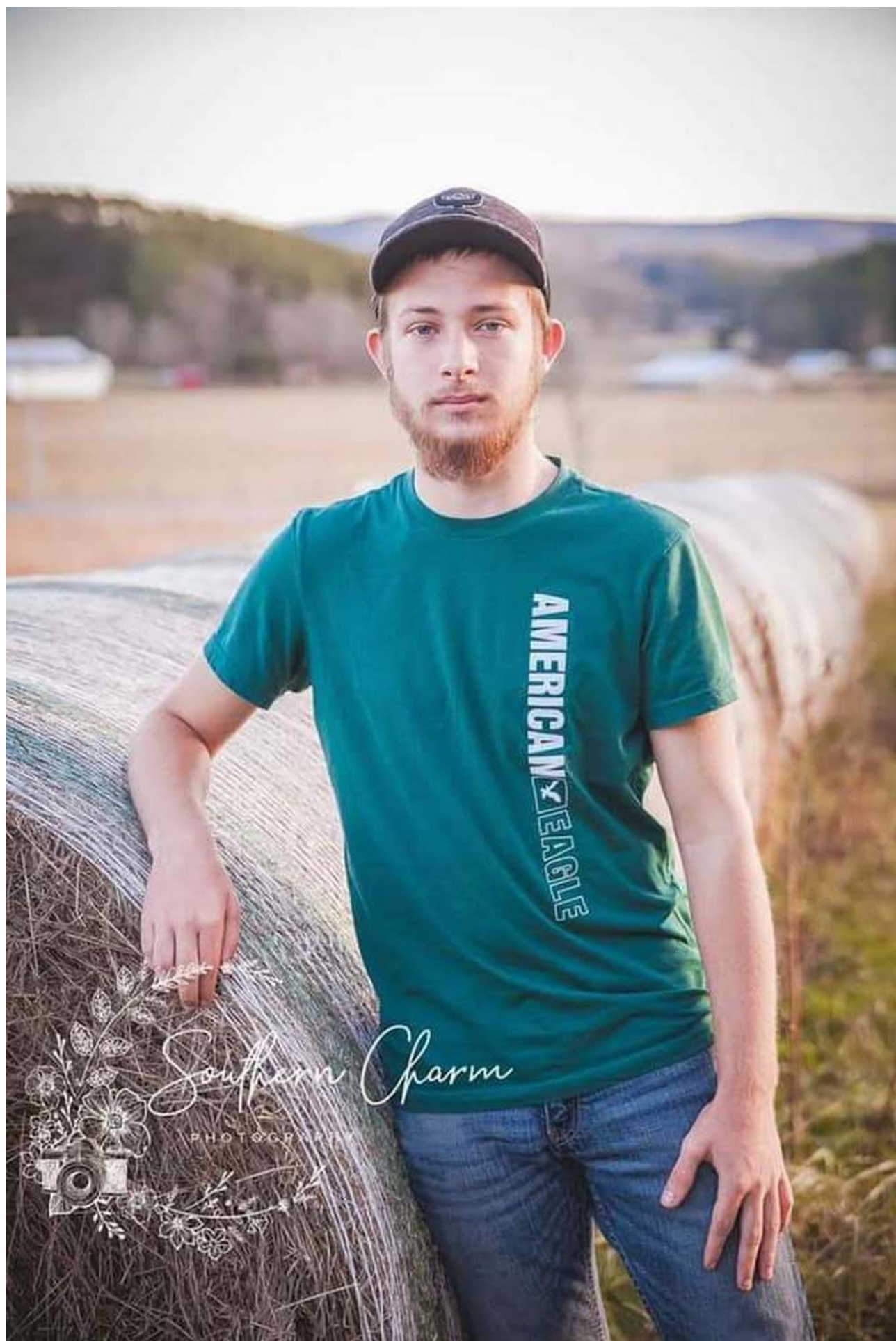


























CONGRATULATIONS

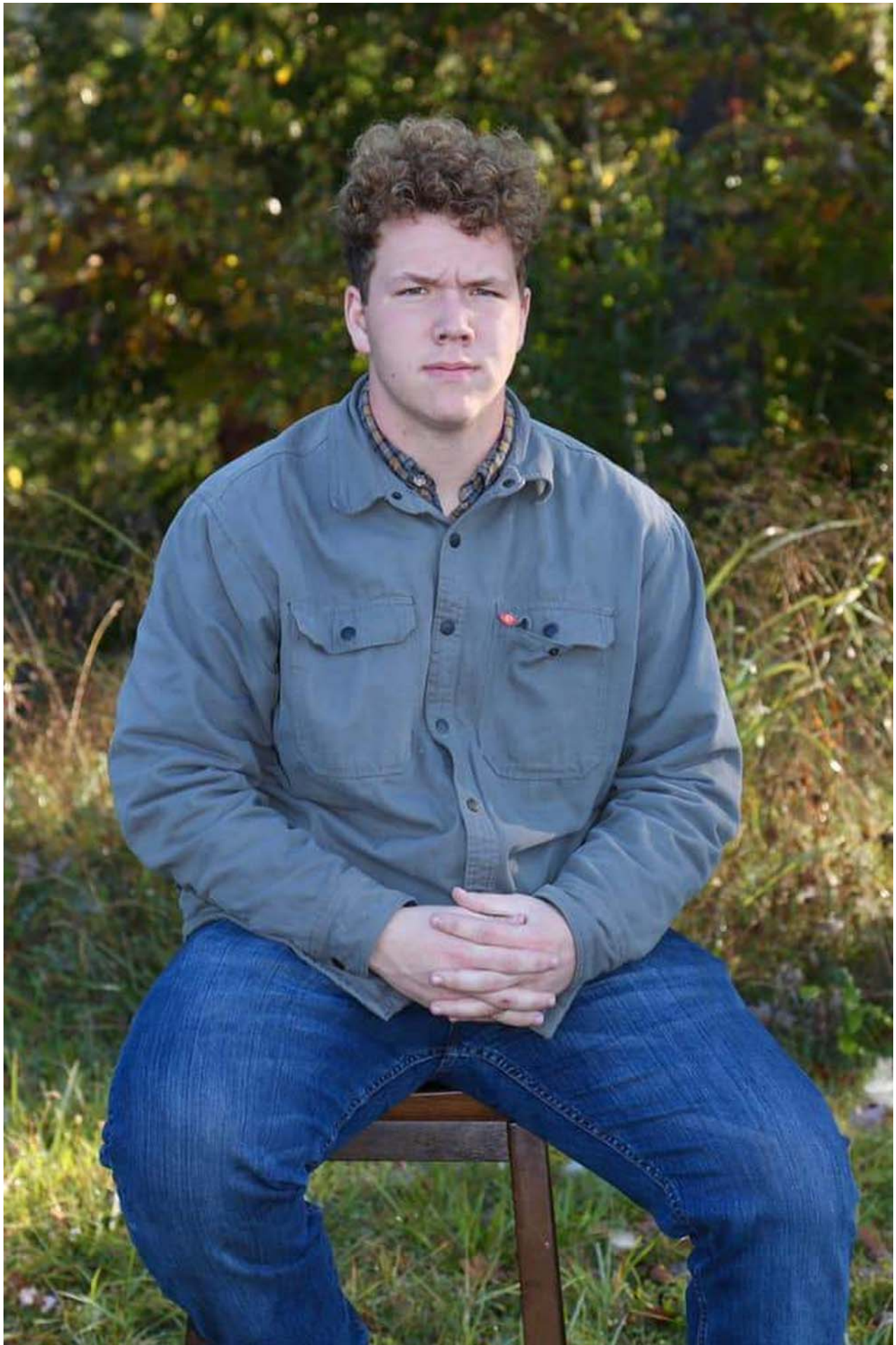
 CLASS OF 
2020

 QUARANTINED 

WE ARE PROUD OF YOU















































2020 Pocahontas County FFA Greenhouse Sales

Before school was called off in March, Agriculture Students at PCHS had germinated and transplanted thousands of seeds.

Since then a few adults have maintained and nurtured these seedlings and the result is a greenhouse teeming with beautiful plants that will be ready to sell in late April and through late May. I would like to set up at 5 different locations in the county to make the product of our toil available to everyone in the county.

These are the procedures I would follow:

- I would set up at locations with a trailer and a table.
- I would have samples of the products on the table for buyers to observe.
- The buyers would come to the table one at a time and tell me what they would like to order.
- I would bring what they order to the table where they would put their payment in a cash box. Checks would be made out to Pocahontas County FFA.
- I will be wearing a mask, gloves, and have hand sanitizer on hand.

If the sale is called off because of inclement weather, I will notify WVMR and the people at the below locations if possible.

Site	Days	Times	Location
Pocahontas County High School	Monday	2:00-5:00	PCHS Greenhouse
Greenbank	Wednesday	2:00-5:00	Trent's Arbovale
Hillsboro	Thursday	2:00-5:00	The Levels Depot
Linwood	Friday	2:00-5:00	Linwood Library
Marlinton	Saturday	9:00-noon	Park by the river

Plant	4 pack Flats 4 " pot 8 inch pot Hanging baskets				
Begonias, Bonfire			\$2.50		\$15.00
Celosia	\$1.50	\$10			
Coleus	\$1.50	\$10			
Dianthus	\$1.50	\$10			
Dichondra			\$2.50		
Dusty Miller	\$1.50	\$10			
Fuchsia					\$15.00
Gazania	\$1.50	\$10			
Geraniums	\$1.50		\$3.00	\$8.00	
Impatiens	\$1.50	\$10	\$2.50	\$2.50	\$15.00
Lantana			\$2.50		\$15.00
Marigolds	\$1.50	\$10			
Million bells	\$1.50	\$10	\$2.50	\$2.50	\$15.00
Osteospermum			\$2.50		
Petunias, Night Sky			\$3.00		\$18.00
Portulaca	\$1.50	\$10			\$15.00
Verbena	\$1.50	\$10			
Vinca	\$1.50	\$10			
Zinnia	\$1.50	\$10			

Vegetables

Beets	\$1.50	\$10
Broccoli	\$1.50	\$10
Cabbage	\$1.50	\$10
Peppers, Bananna	\$1.50	\$10
Peppers, Bell	\$1.50	\$10
Peppers, Ghost	\$3.00	
Peppers, Jalapeno	\$1.50	\$10
Tomatoes, Beef Steak	\$1.50	\$10
Tomatoes, Cherry	\$1.50	\$10
Tomatoes, Golden Girl	\$1.50	\$10
Tomatoes, Jet Star	\$1.50	\$10
Tomatoes, Roma	\$1.50	\$10
Pocahontas Pride Sausage	\$3/lb	















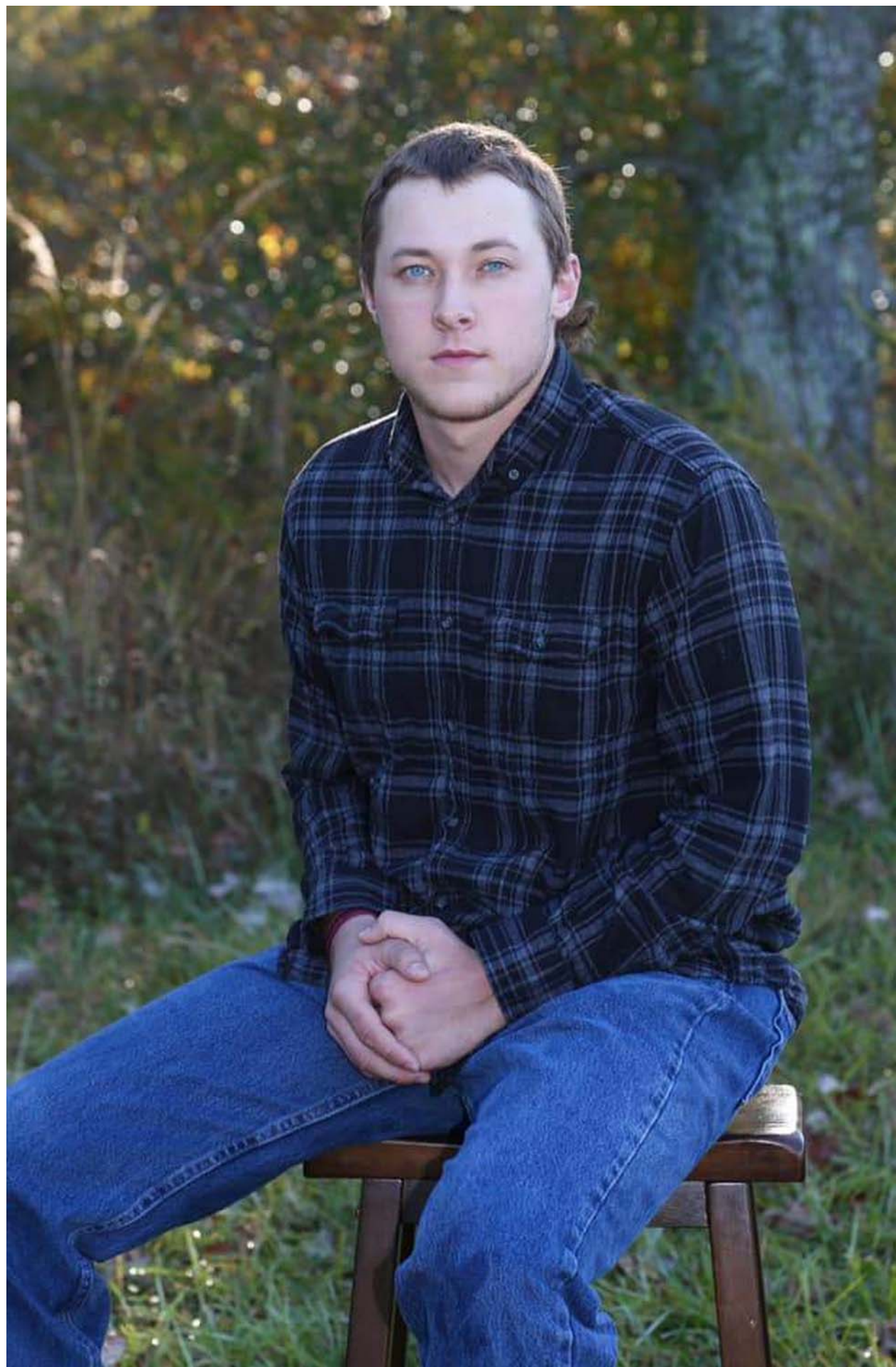






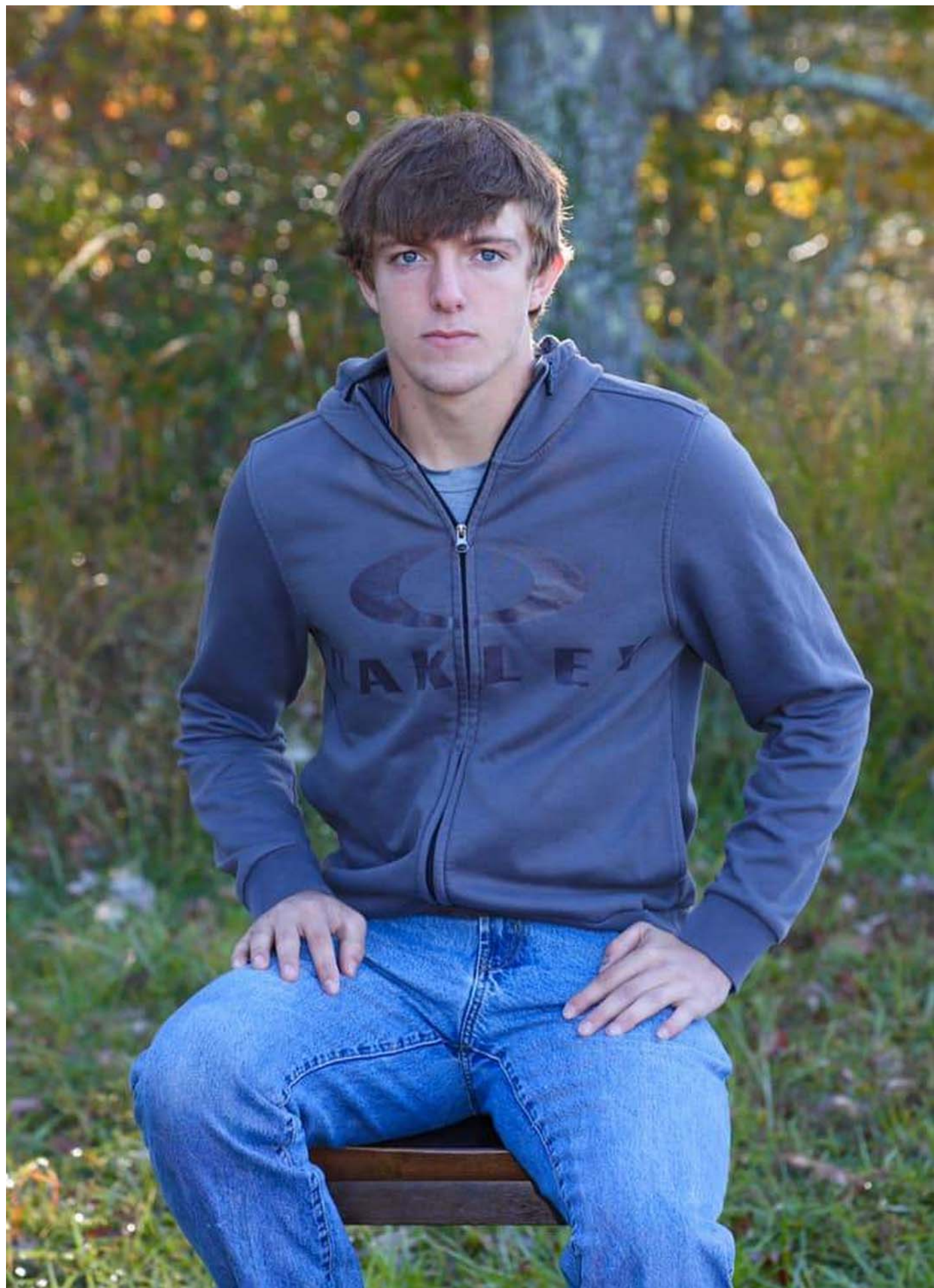


















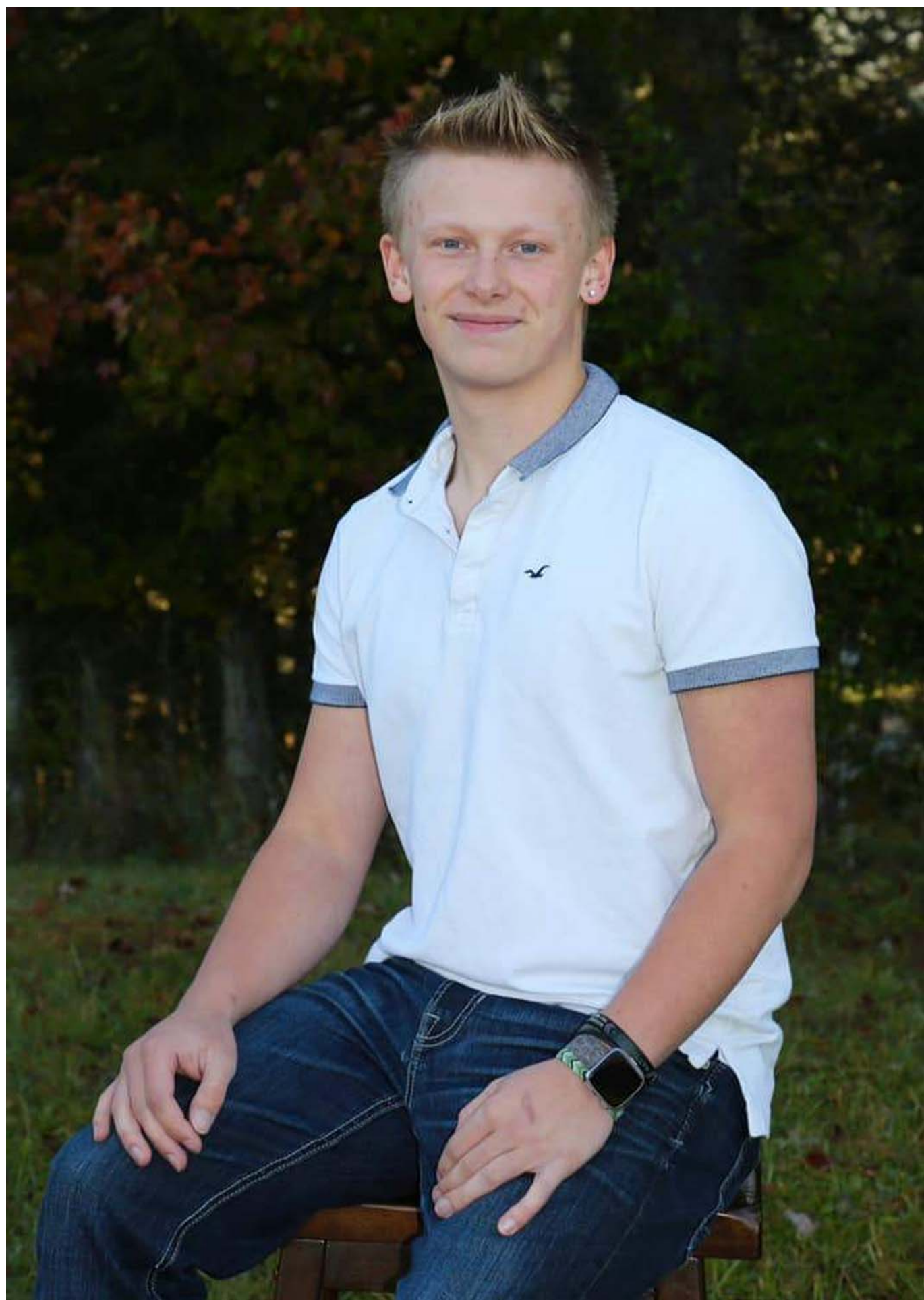






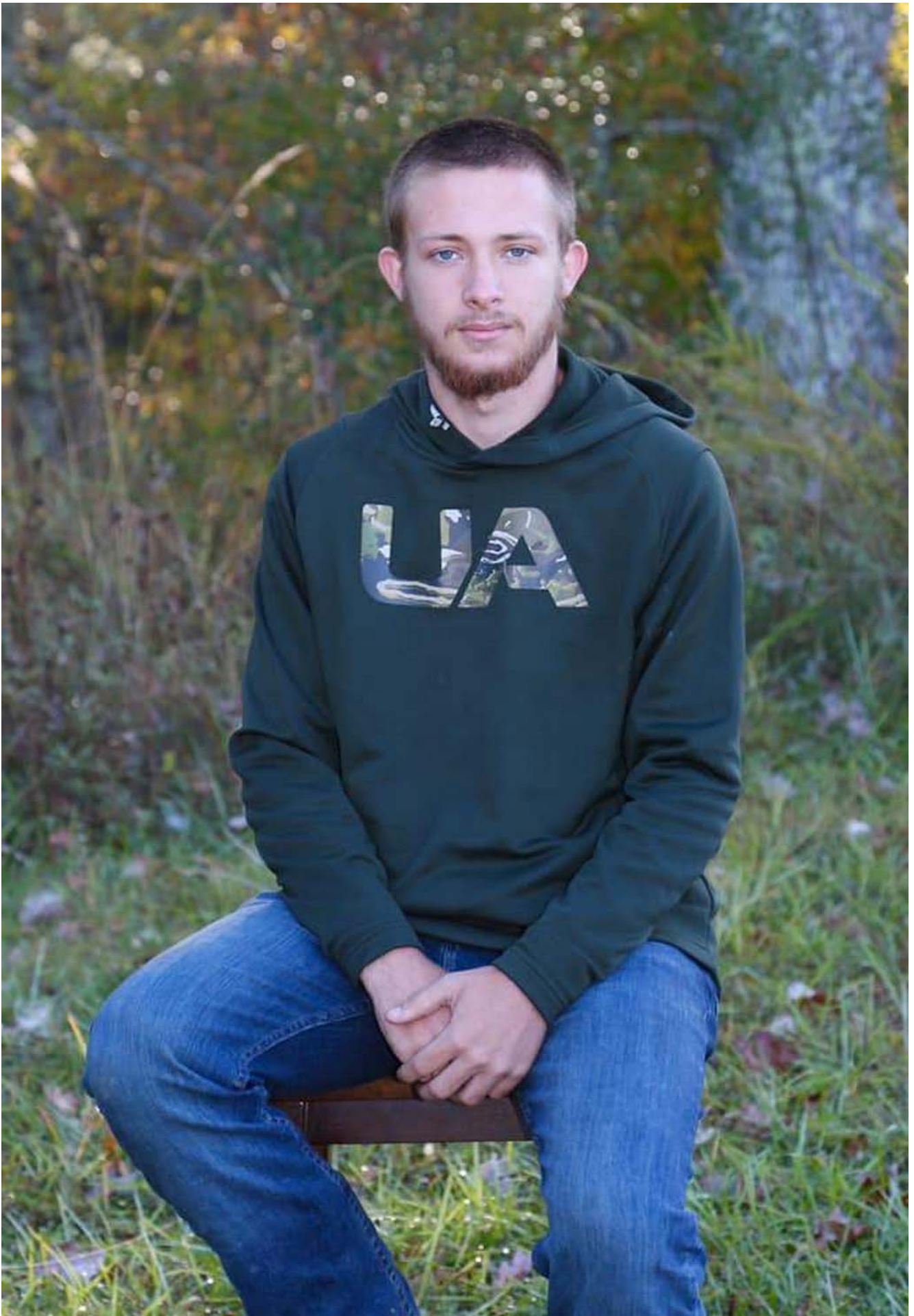








































STATE TOURNAMENT

A ticket stub can be used for one school day absence

Travel by private vehicle to tournament:

- Can use Thursday night ticket to be excused for Thursday school day if leaving school before 2:00

OR

- If leaving after 2:00 from school on Thursday you can use Thursday night ticket to be excused for Friday since arrival back to county will be so late.
- Friday
 - If the team wins Thursday and you return or stay in Charleston, Friday's ticket stub can be turned in Monday morning to excuse Friday.

Travel to tournament by spirit bus:

- Thursday leave at 2:00
 - Team wins
 - Return to school on Friday morning regular time catch spirit bus back to Charleston.

OR

- Do not return to Charleston on Friday by Spirit bus, use ticket from Thursday night to be excused for Friday since bus arrives back in county so late .
- Team does not win
 - Can come to school regular time

OR

- Use Thursday night ticket to be excused for Friday since bus arrives back in county so late .
- Friday leave at 1:00
 - No ticket stub required office will have list.



American
Red Cross

ANNA
blood donor



HOPE begins with you.

**Blood Drive
Pocahontas County
High School
Auditorium**

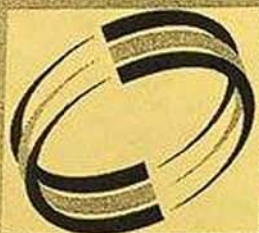
**Tuesday, March 17
8:30 AM to 2:30 PM**

For an appointment, please visit redcrossblood.org
Or call 1-800-RED CROSS (1-800-733-2767)

★ Please see
Mrs. Wilfong to
sign-up!!

redcrossblood.org | 1-800-RED CROSS | Download the Blood Donor App

© 2017 The American Red Cross | 145911 | 2017-APL-00245



CHARLESTON CIVIC CENTER PROHIBITED ITEMS POLICY

The Charleston Civic Center's prohibited items policy is in effect for all high school athletic ticketed events in an effort to speed up entry and enhance security measures. All visitors to the Charleston Civic Center are subject to magnetometer screening and all bags will be subject to search.

APPROVED ITEMS



SMALL PURSE
OR CLUTCH



CELL PHONE



DIAPER BAG



NON-PROFESSIONAL
CAMERA

NON-APPROVED ITEMS



LARGE PURSE
OR BAG



TOTE BAG



BACKPACK
OF ANY KIND



OUTSIDE FOOD
OR DRINK



KNITTING
NEEDLES OR
CROCHET HOOK



GUNS OR
WEAPONS OF
ANY KIND



POCKET
KNIFE



KNIVES OF
ANY KIND



SELFIE
STICKS



CAMERA
CASES OR
BAGS

**ALL ITEMS ARE
SUBJECT TO SEARCH**

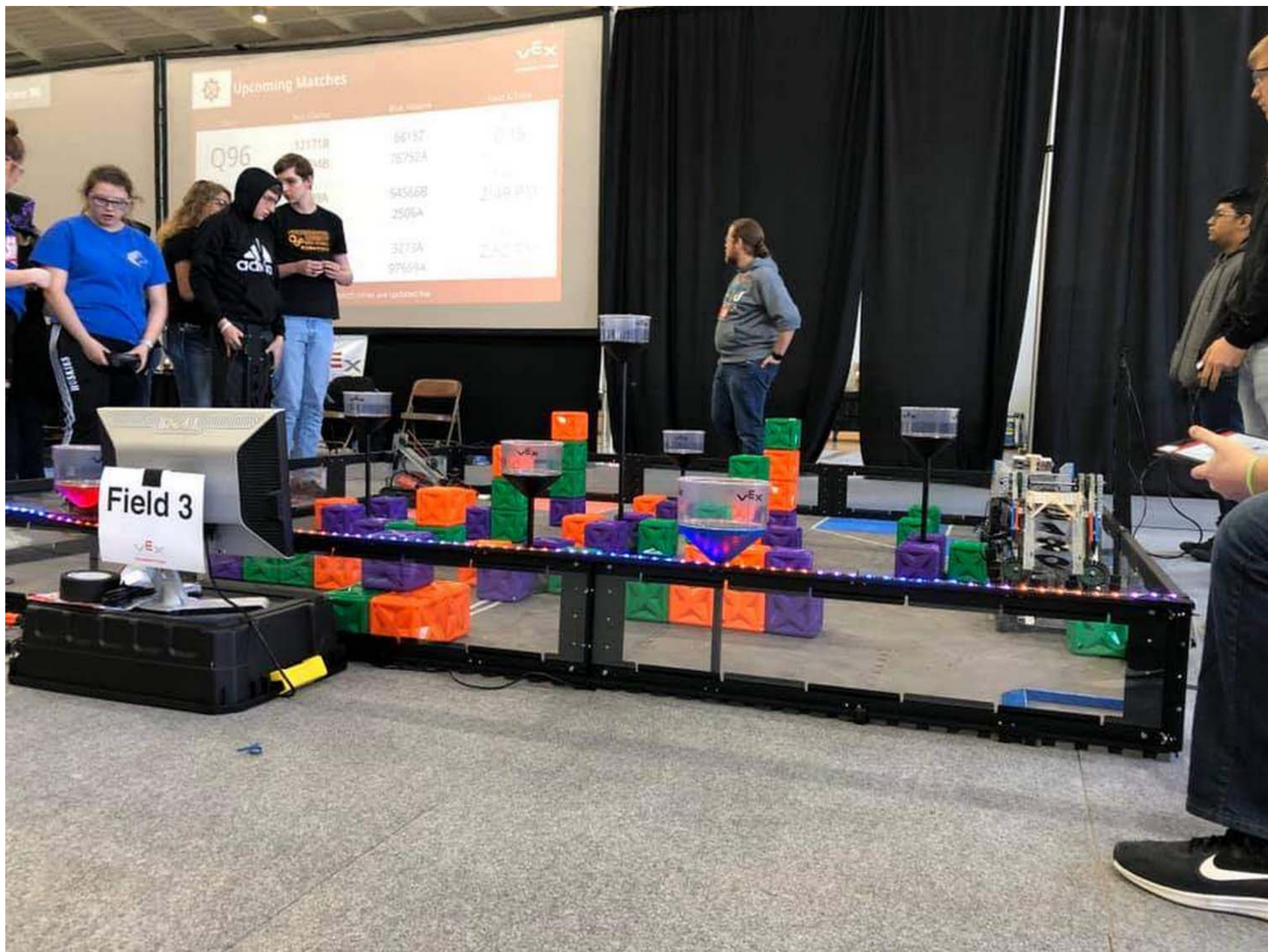
All prohibited items will be denied at the gate. Confiscated items will NOT be returned. Items may not be stored at the venue. The Charleston Civic Center is NOT responsible for lost or stolen items.













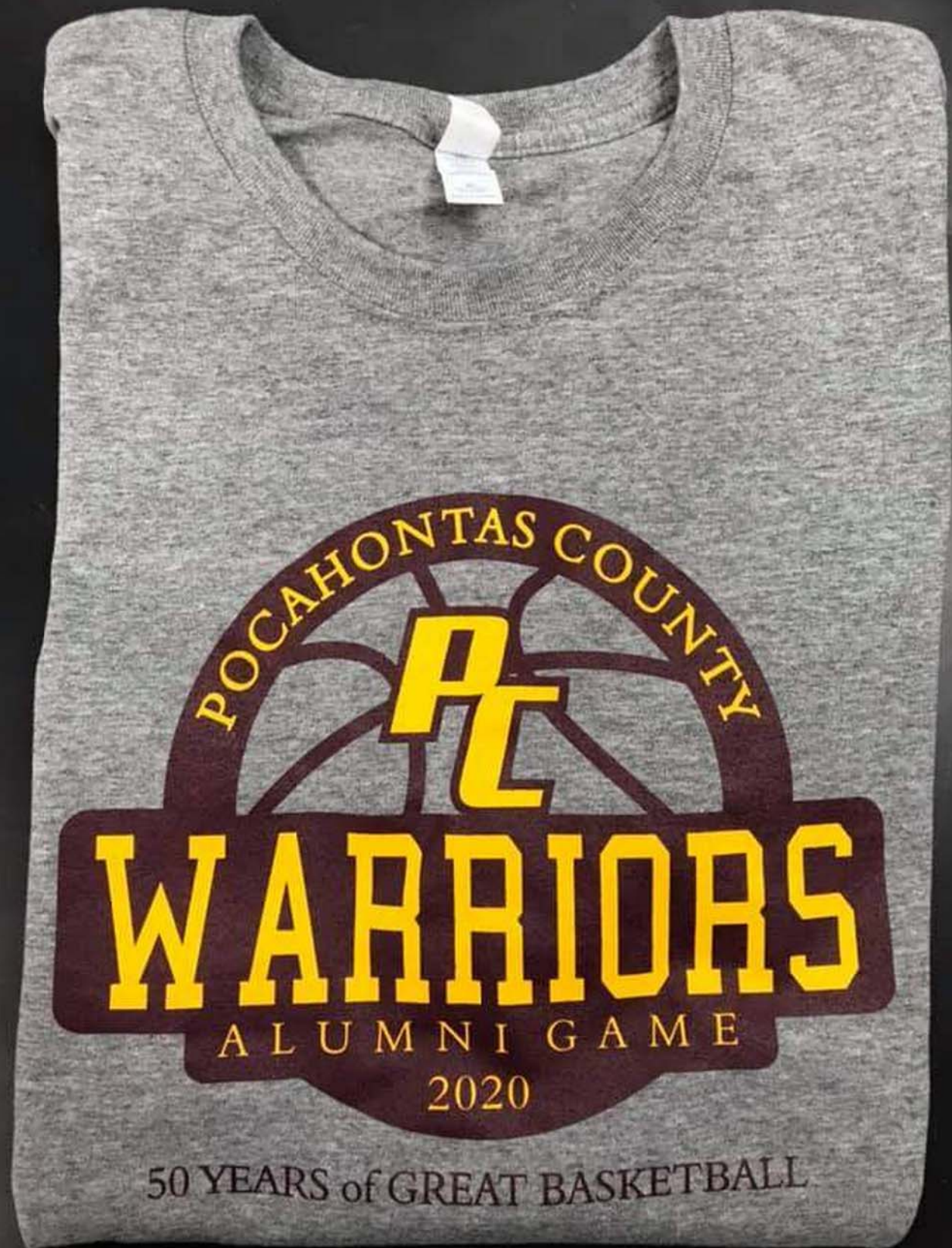












POCAHONTAS COUNTY

PC

WARRIORS

ALUMNI GAME

2020

50 YEARS of GREAT BASKETBALL



50 YEARS of GREAT BASKETBALL

































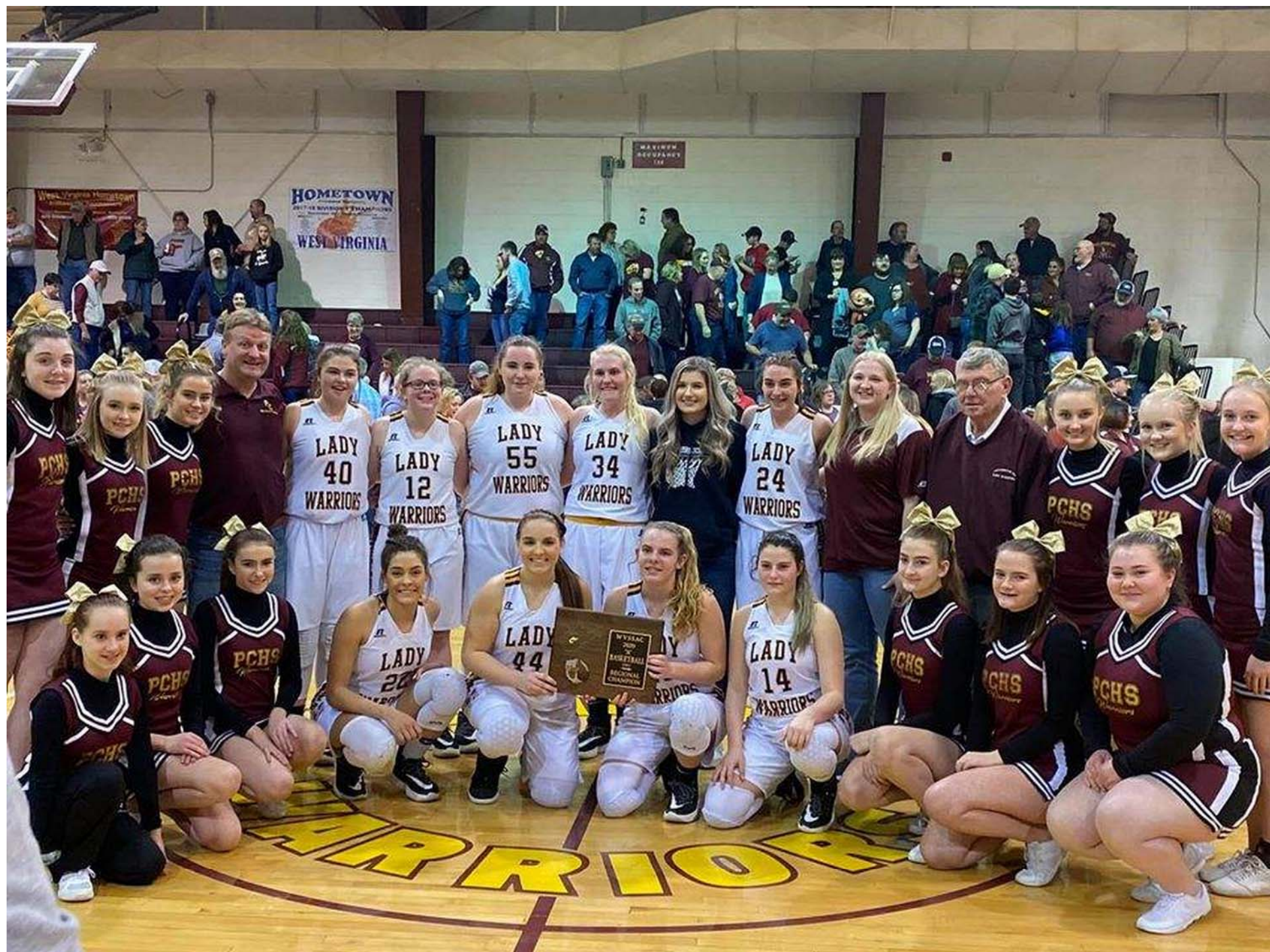


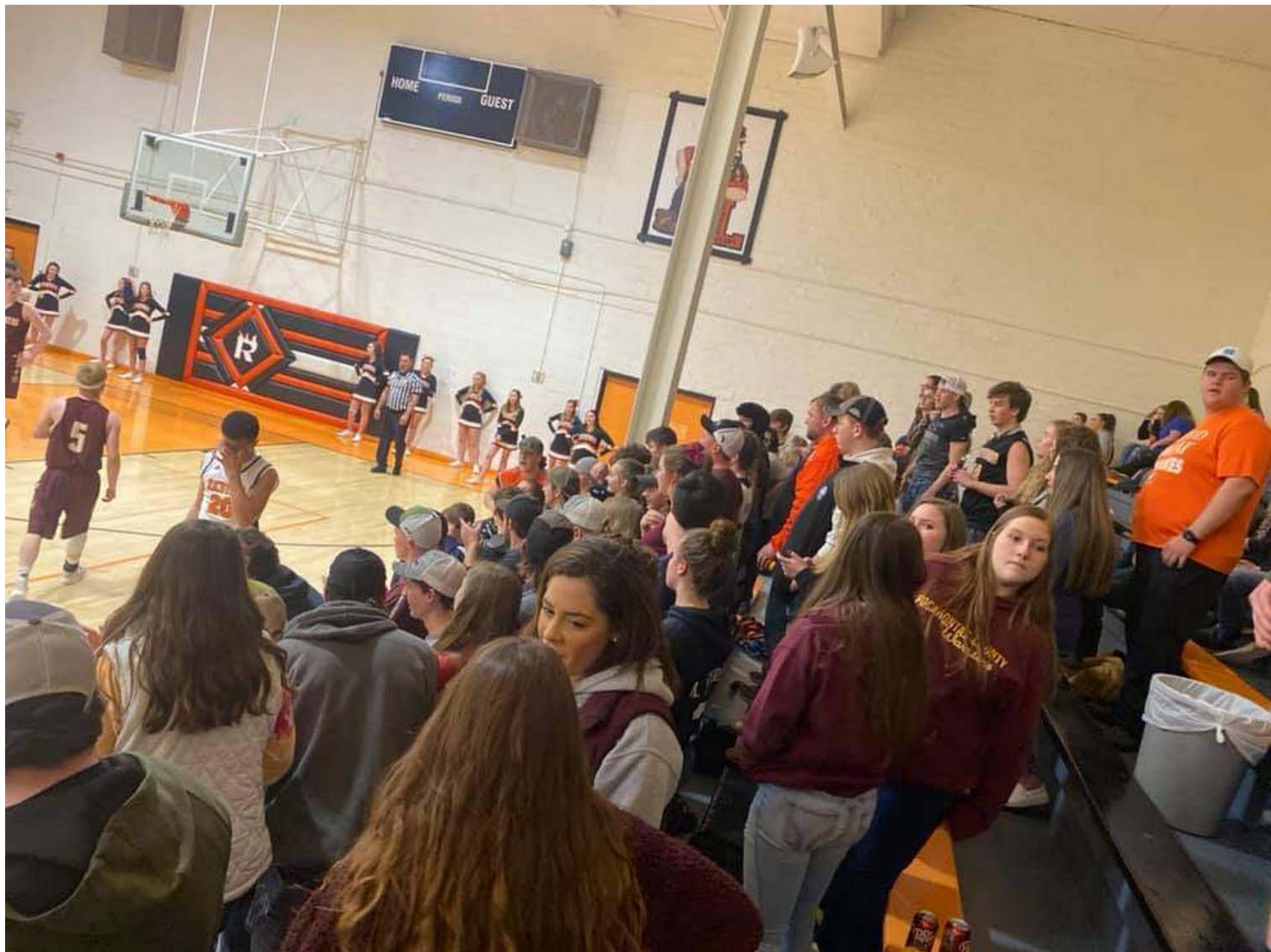


























ic D. Hinkle,
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Gray Tayte
Properties LLC

Gil's
Contracting,
Inc.

First
Community
Bank

Rebecca Jones
&
Terry Acord

The Chill Out
Grill

Visitor

Rich/Rob

Redwood










































PLEASE DONATE TO YOUR FIRST PERIOD CLASS

- *Canned Meats*
- *Soup/Chili*
- *Vegetables/ Fruit*
- *Canned Juice*
- *Any non-perishable canned item!*



THE CLASS WITH THE MOST PARTICIPATION
WILL WIN A PIZZA PARTY!

POCAHONTAS COUNTY SCHOOLS
March Breakfast and Lunch Menu 2020
March 2-6 – National School Breakfast Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cinnamon Roll Cereal Fruit Turkey & Cheese Hoagie Mixed Vegetables Baked Beans Fruit	Scrambled Eggs w/Cheese Toast Yogurt Fruit Breaded Pork Chop Patty Macaroni Salad Fresh Orange/Red Pepper Sticks w/Ranch Dip Mixed Fruit	Sausage Croissant Fresh Sliced Apples Chili Wade's Bake Potato w/Sour Cream California Medley Cornbread Fruit	Banana Whole Grain Muffin Cereal Fruit Chicken Patty Sandwich w/Lettuce, Tomato, Onion Sweet Potato Fries Steamed Broccoli Fruit Homemade Cookie	Whole Grain Toasted Bagel w/Cream Cheese Yogurt Fruit Salisbury Steak Mash Potatoes w/Gravy Green Beans Homemade Roll Peaches
Pancakes w/Syrup Apple Slices w/Wow Butter Orange Chicken Brown Rice Pilaf Stir Fry Vegetables Mixed fruit	Egg and Cheese Biscuit Cereal Fruit Cheeseburger Lettuce/Tomato Sweet Potato Fries Pinto Beans Applesauce	Banana Bread Cereal Fruit Chicken Pot Pie Parmesan Broccoli Apples Slices w/ Wow Butter Ice Cream	Crispy Chicken Biscuit Cereal Fruit Spaghetti Romaine Salad w/Tomatoes Green Beans Homemade Roll Fruit	Strudel Fresh Orange Slices Philly Cheese Steak Hoagie Sliced Carrots w/Ranch Diced Potatoes Fresh Cut Fruit
Egg and Cheese Wrap Cereal Fruit Chicken Tenders w/Caesar Romaine Salad Corn Homemade Roll Fruit	Pretzel w/Cheese Cereal Fruit Pizza Broccoli Salad French Fries Carrot Stix w/Ranch Fruit	Biscuits and Gravy Cereal Fruit Vegetable Soup Grilled Cheese Sandwich Steamed Broccoli Peaches Brownie	French Toast Stix Cereal Fruit Meatball Hoagie Sweet Potato Fingerlings Bake Beans Green Beans Juice Sidekick	Smoothie/ Yogurt Parfait Cereal Alfredo w/A Twist 5 Way Veggies Homemade Roll Orange Slices
Sausage Pancake Stix Yogurt Fruit Popcorn Chicken Mash Potatoes Green Beans Homemade Roll Fruit	Super Donut Cereal Fruit Fish Stix Scallop Potato Carrot Stix Homemade Roll Fruit	Sausage Breakfast Pizza Fruit Beef Mac and Cheese Steamed Broccoli Peas Homemade Roll Fruit Birthday Cake	Zucchini Bread Cereal Fruit Chicken Nuggets Romaine Salad Corn Homemade Roll Fruit	Sausage and Egg Biscuit Fruit Pepperoni Roll w/Pizza Sauce Dip Macaroni Salad Bake Beans Cooked Carrots Fruit
Mini Waffles Cereal Fruit Hot Ham and Cheese Tator Tots Peas Sliced Carrots Stix Fruit	Cooks' Choice Breakfast Cooks' Choice Lunch			



















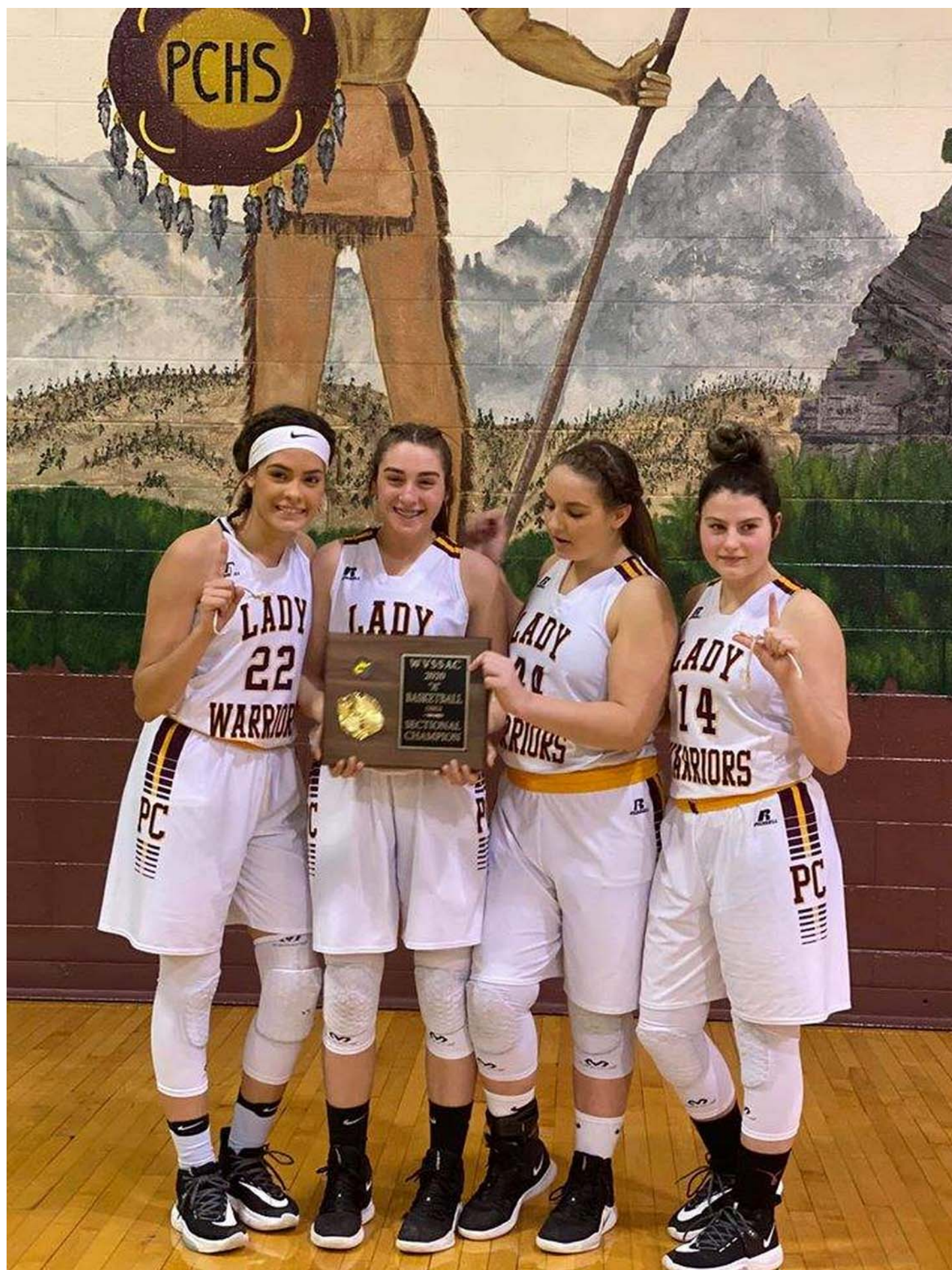










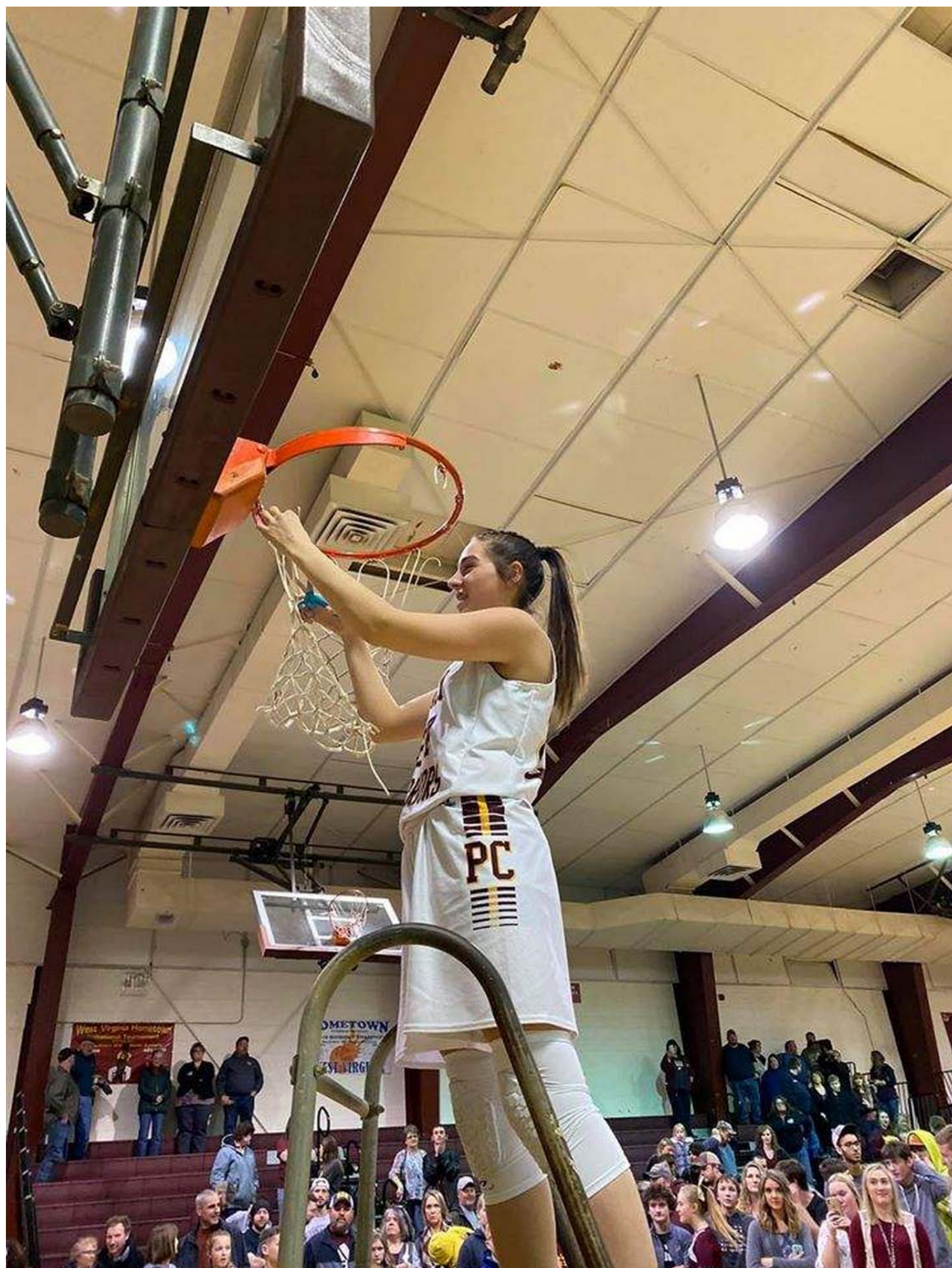






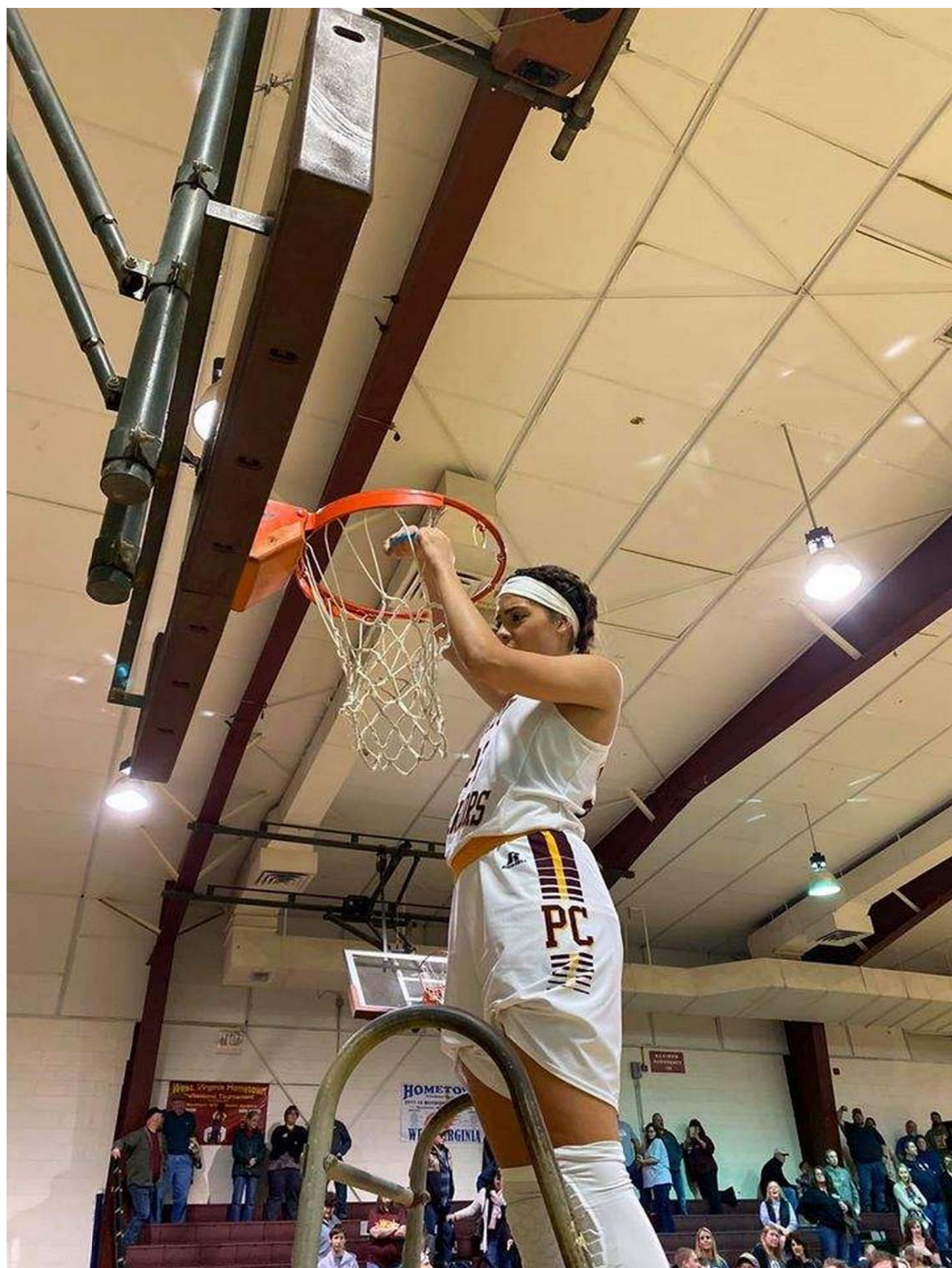




















POCAHONTAS COUNTY TRACK RECORDS

LAST YEAR'S CHAMPIONS

WISSAHICKONN

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L. Williams 147.50

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POCAHONTAS COUNTY TRACK RECORDS

LAST YEAR'S CHAMPIONS

WISSAHICKONN

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L. Williams 147.50

Michelle Williams 147.50

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Michelle Williams 147.50



POCAHONTAS COUNTY TRACK RECORDS

LADY WARRIORS

NAME	TIME	EVENT
Michelle Williams	1:41.37	100M JUMP
A. Williams	1:41.37	100M JUMP
Michelle Williams	2:17.17	200M JUMP
Michelle Williams	1:00.17	800M JUMP
Cheryl Woodruff	1:10.00	100 M
Adrienne Hollingsworth	25.5	200 M
Adrienne Hollingsworth	35.00	400 M
Tracie Conkle	3:21.20	800 M
Tracie Conkle	9:23.30	1600 M
Carla Andrews	13:15.34	3200 M
Carla Andrews	18.13	1000 M
Carla Andrews	47.03	200 M
Michelle Williams	1:41.37	100M JUMP
Michelle Williams	2:17.17	200M JUMP
Michelle Williams	1:00.17	800M JUMP
Michelle Williams	1:41.37	100M JUMP
Michelle Williams	2:17.17	200M JUMP
Michelle Williams	1:00.17	800M JUMP

POCAHONTAS COUNTY TRACK RECORDS

WARRIORS

NAME	TIME	EVENT
Albert Proctor	32.17	100M JUMP
Jeff Kelly	8.17	100M JUMP
Steve Galt	8.17	200M JUMP
Ryan Jones	10.17	400M JUMP
Anthony Smith	14.17	800M JUMP
David Palmer	17.17	1600 M
Randy Ford	22.17	3200 M
Randy Ford	44.17	6400 M
Randy Ford	1:00.17	12800 M
Mike Williams	1:21.17	25600 M
Kathleen Williams	8:40.00	1000 M
Julian Smith	11.0	100 M
Charley McNeil	25.1	200 M
Julian Smith	35.0	400 M
Julian Smith	1:00.0	800 M
Julian Smith	1:40.0	1600 M
Julian Smith	2:40.0	3200 M
Julian Smith	4:40.0	6400 M
Julian Smith	8:40.0	12800 M
Julian Smith	16:40.0	25600 M





LADY WARRIORS		EVENT	
Michelle Melton	14'5.5"	LONG JUMP	
G. Simonsen's Simons	4'10"	HIGH JUMP	
Michelle Withers	27'9"	SHOTPUT	
Bridget Carroll	100'1"	DISCUS	
Cheylin Woodruff	13.00	100 M	
Adrienne Nottingham	26.9	200 M	
Adrienne Nottingham	55.56	400 M	
Tasha Combs	2:21.85	800 M	
Tasha Combs	5:23.30	1600 M	
Cora Hedrick	12:18.34	3200 M	
Lella Calhoun	18.12	100 M HURDLES	
Lella Calhoun	47.58	300 M HURDLES	
Jessica Stoddy Smith, Kelly	52.4	A X 100 M	
L. Miller, J. Miller, K. Miller	1:10.28	A X 200 M	
Arthur, Stephen, Kelly, Kelly	4:10	A X 400 M	
G. Lohr, K. Kelly, K. Kelly, Kelly	11:15	A X 800 M	
L. Miller, L. Miller, L. Miller	1:09.22	100 YD	

WARRIORS	
Albert Ponder	22'6"
Jeff Forley	8'6"
Dave Cain	49'8"
Ryan Irvine	152'
Johnny Barlow	14'9"
David Palmer	11:25'
Randy Friel	22'
Randy Friel	49'
Randy Friel	1:58'
Abe Wittenhouse	4:31'
Karlton Wittenhouse	9:45'
Barton Irvine	15'
Charley McNeal	29'
W. Miller, W. Miller, Kelly, Kelly	4'
Barton Irvine, Kelly, Kelly	10'
K. Miller, Kelly, Kelly, Kelly	30'
L. Miller, L. Miller, L. Miller	10'
W. Miller, Kelly, Kelly, Kelly	9'







































Oh

Wh
but

Seniors 49 days
Everyone - 59 days
Spring Break 29 days
"I need you to graduate"
- Zed Lambert
12:10

Being important is nice,
but being **NICE** is more
important!!!

























MAXIMUM
OCCUPANCY
100

10RS



















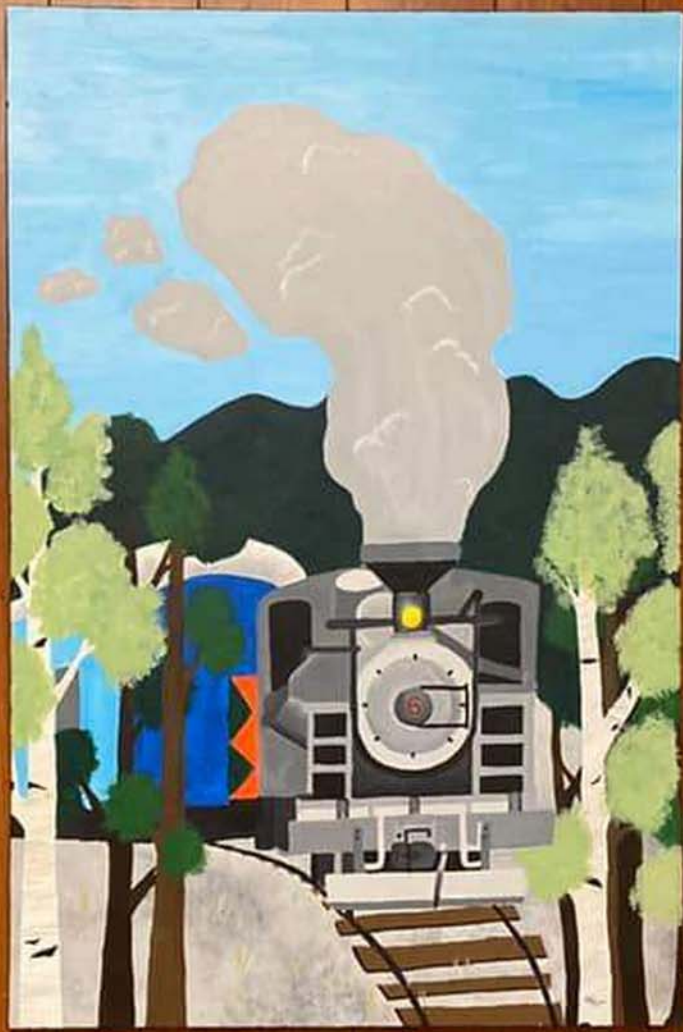












Cass Train
by
Kylie Driscoll



Dove Mountain
Tower
by
Ryleigh Vaughan

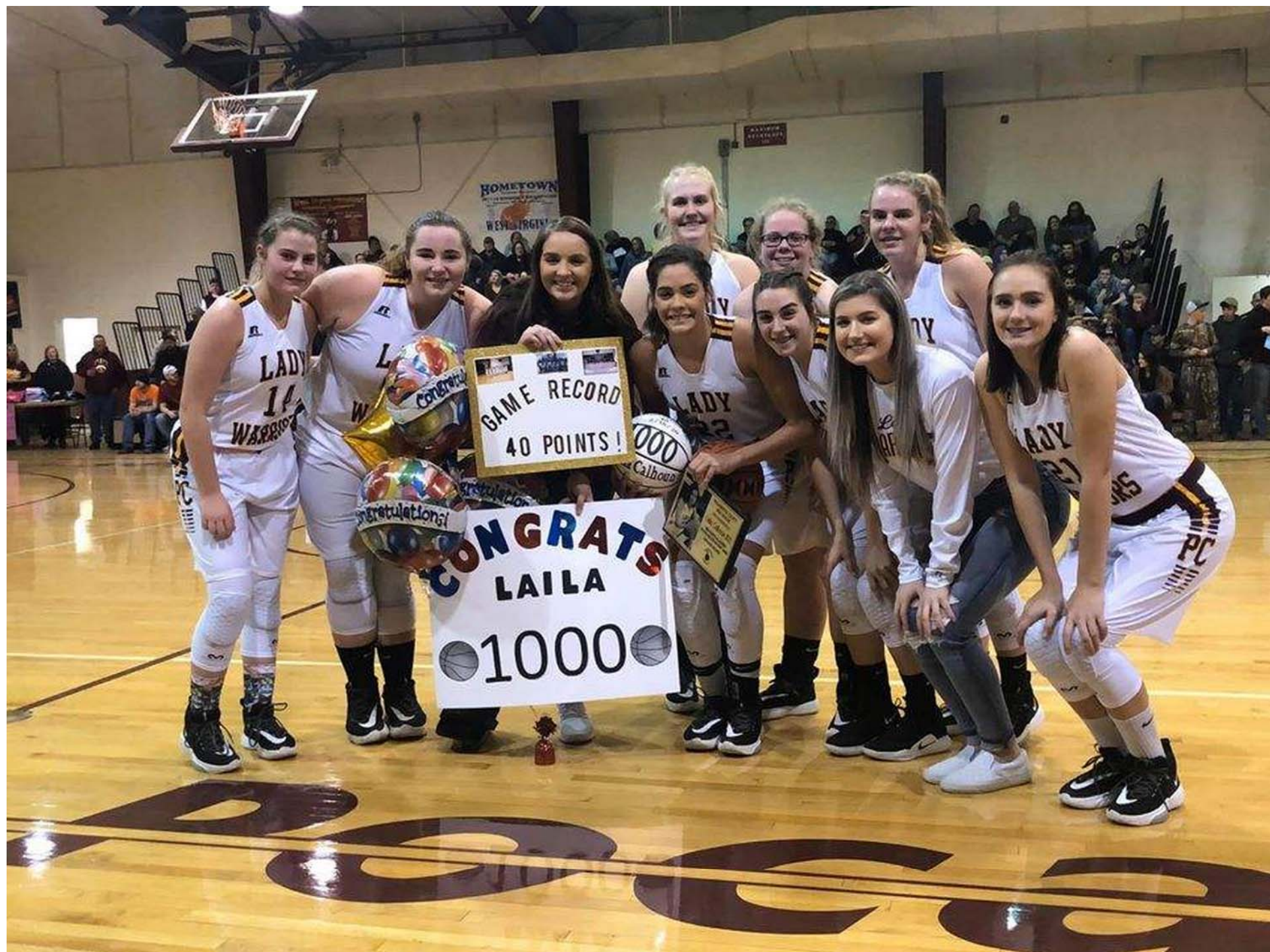
Watkins Lake at
Sunset
by
Violet McLeod

GBC Telescope
by
Olivia McCarty











FRESHMEN

Lady
WARRIORS

THE
WARRIORS

STUART
32

STUART
32















WARRIOR TERRITORY



GO WARRIORS

HOME	1	AWAY	1
SCORE	0	0	0
PERIOD	1	2	3
TIME	0:00	0:00	0:00

POCAHONTAS COUNTY TRACK RECORDS

NAME	TIME	EVENT
Michaela Williams	1:17.17	LONG JUMP
L. Geronimo Williams	4' 10"	HIGH JUMP
Michaela Williams	22' 9"	SHOT PUT
Michaela Williams	100' 17"	SOFTBALL
Christie Woodruff	13.08	100 M
Christie Woodruff	29.9	200 M
Christie Woodruff	1:01.00	400 M
Christie Woodruff	2:01.00	800 M
Christie Woodruff	4:23.30	1600 M
Christie Woodruff	10:16.34	3200 M
Christie Woodruff	19:10	5000 M
Christie Woodruff	47:39	10000 M
Christie Woodruff	1:01.00	4 X 100 M
Christie Woodruff	4:23.30	4 X 200 M
Christie Woodruff	10:16.34	4 X 400 M
Christie Woodruff	19:10	4 X 800 M
Christie Woodruff	47:39	4 X 1600 M

POCAHONTAS WARRIORS
THANK YOU FOR YOUR SERVICE







WARRIOR TERRITORY



GO WARRIORS			
HOME	AWAY	VISITOR	TIME
0	0	0	8:00
0	0	0	0

POCAHONTAS COUNTY TRACK RECORDS		
LAP TIMES		
		EVENT
Michelle Hamilton	1:48.27	LONG JUMP
J. Wrenn's Sonnet	4'10"	HIGH JUMP
Michelle Hamilton	27'9"	SHOT PUT
Wrenn's Sonnet	132'11"	DISCUS
Chasen Bradford	15.88	100 M
Jonathan Nottingham	24.9	200 M
Jonathan Nottingham	59.56	400 M
Nathan Cantel	2:51.89	800 M
Nathan Cantel	9:22.30	1600 M
Nathan Cantel	18:18.34	3200 M
Laura Carls	41.50	100 M HURDLES
Laura Carls	1:15.10	200 M HURDLES
John Stacey, United States	0:41	4 X 100 M
John Stacey, United States	1:18.20	4 X 200 M
John Stacey, United States	4:10	4 X 400 M
John Stacey, United States	9:45	4 X 800 M
John Stacey, United States	19:40	4 X 1600 M
John Stacey, United States	39:20	4 X 3200 M
John Stacey, United States	78:40	4 X 6400 M
John Stacey, United States	157:20	4 X 12800 M



GO WARRIORS

HOME	AWAY	SCORE	TIME
0	0	0	0

WARRIOR TERRITORY



POCAHONTAS COUNTY TRACK RECORDS
LAPWARRIORS

NAME	EVENT	TIME
Wendy Heston	100 YD	1:49.2
S. Brantley, K. Smith	200 YD	4:12
Wendy Heston	300 YD	7:19
Wendy Heston	400 YD	10:17
Wendy Heston	500 YD	13:30
Wendy Heston	600 YD	16:40
Wendy Heston	700 YD	19:50
Wendy Heston	800 YD	23:00
Wendy Heston	900 YD	26:10
Wendy Heston	1000 YD	29:20
Wendy Heston	1100 YD	32:30
Wendy Heston	1200 YD	35:40
Wendy Heston	1300 YD	38:50
Wendy Heston	1400 YD	42:00
Wendy Heston	1500 YD	45:10
Wendy Heston	1600 YD	48:20
Wendy Heston	1700 YD	51:30
Wendy Heston	1800 YD	54:40
Wendy Heston	1900 YD	57:50
Wendy Heston	2000 YD	1:01:00

POCAHONTAS COUNTY TRACK RECORDS
WARRIORS

NAME	EVENT	TIME
Albert Ponder	100 YD	1:49.2
Jeff Forley	200 YD	4:12
David Cain	300 YD	7:19
Wendy Heston	400 YD	10:17
Johnny Barton	500 YD	13:30
David Palmer	600 YD	16:40
Randy Fries	700 YD	19:50
Randy Fries	800 YD	23:00
Randy Fries	900 YD	26:10
Randy Fries	1000 YD	29:20
Randy Fries	1100 YD	32:30
Randy Fries	1200 YD	35:40
Randy Fries	1300 YD	38:50
Randy Fries	1400 YD	42:00
Randy Fries	1500 YD	45:10
Randy Fries	1600 YD	48:20
Randy Fries	1700 YD	51:30
Randy Fries	1800 YD	54:40
Randy Fries	1900 YD	57:50
Randy Fries	2000 YD	1:01:00

POCAHONTAS WARRIORS
HOOPS
REUNION
THANK YOU FOR YOUR SERVICE















Pocahontas Warriors Boys Basketball

Honor Our Hometown Heroes

Wednesday, February 12th at PCHS

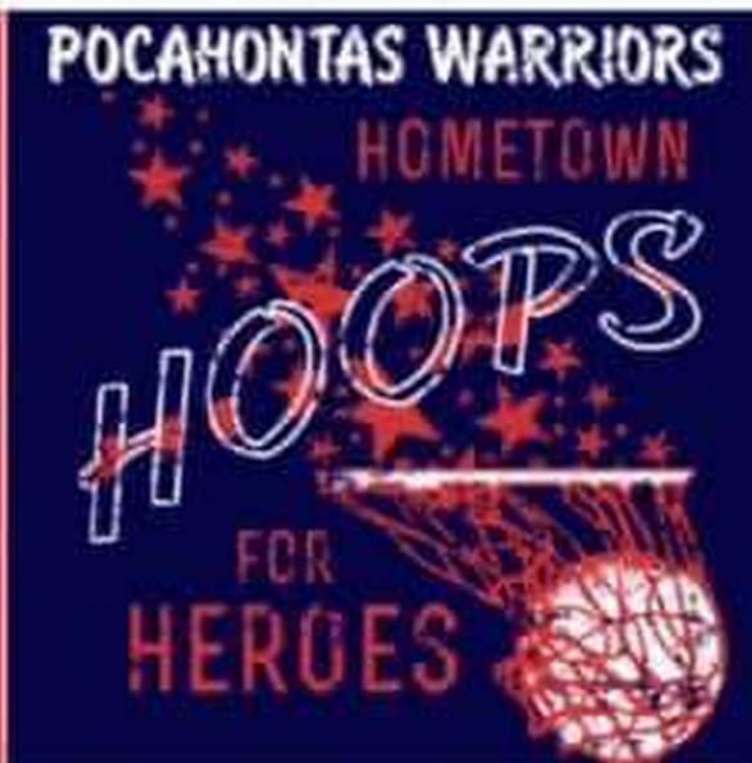
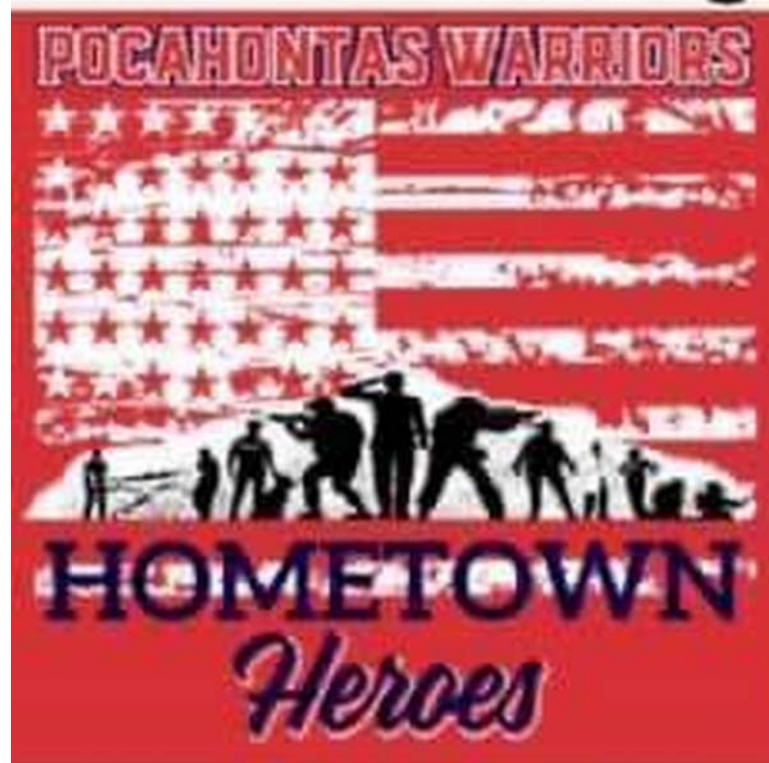
JV-5:45 Varsity-7:00

Military - Veterans - EMT - Paramedics

Fire & Rescue - Law Enforcement

Warriors will be sponsoring basket raffles and shirt sales to benefit our Hometown Heroes

Heroes get in FREE



POCAHONTAS WARRIORS



HOMETOWN Heroes

POCAHONTAS WARRIORS

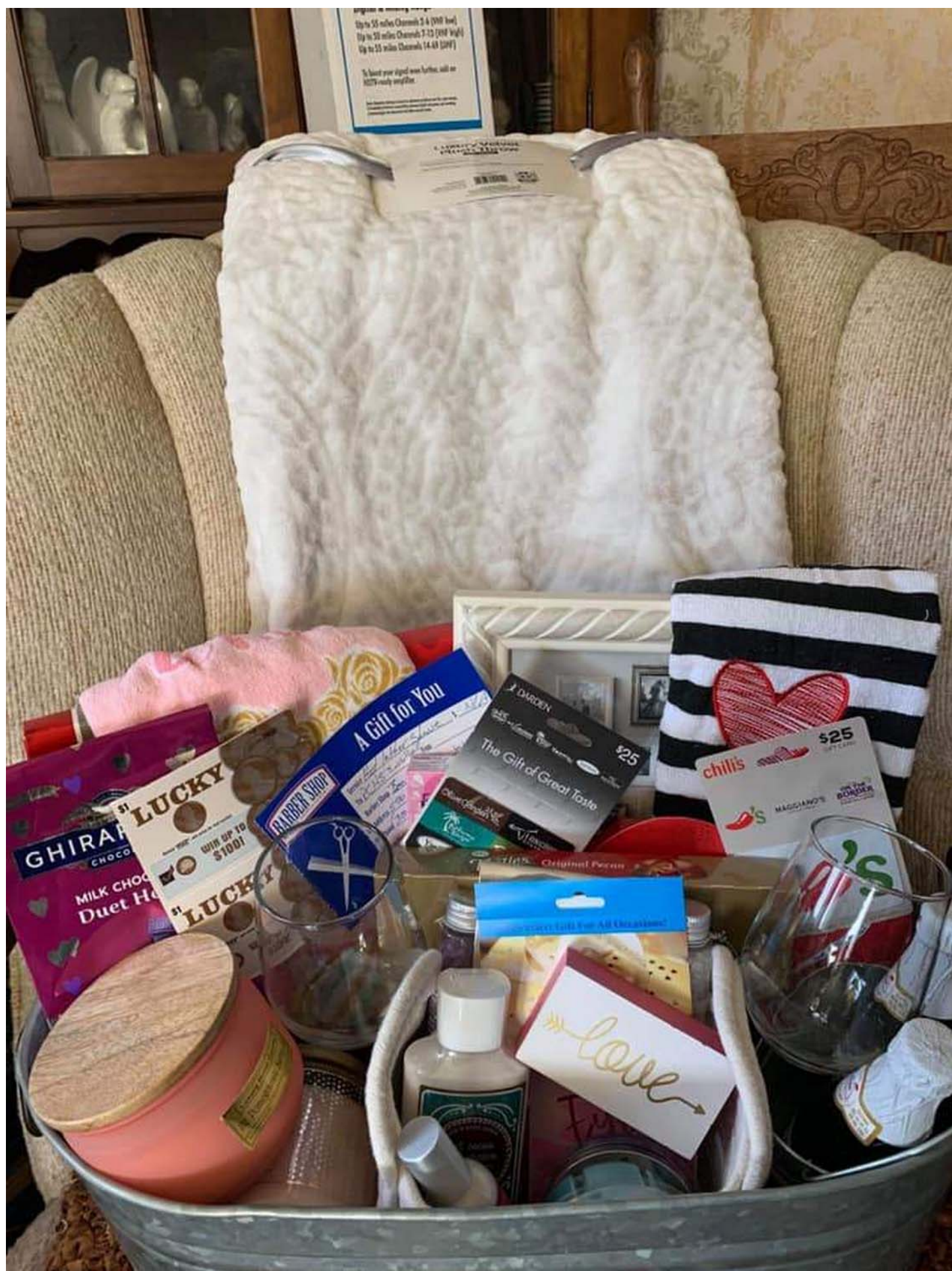


HOMETOWN
Heroes



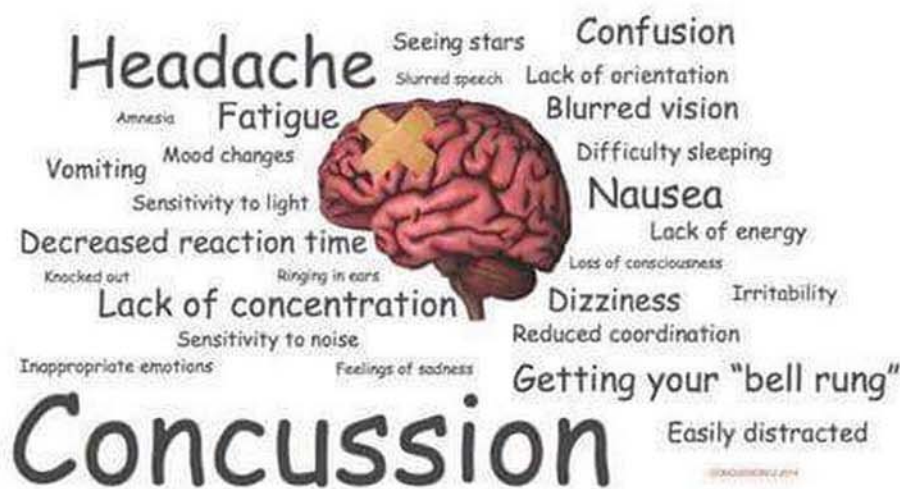






Anyone can fall victim to head trauma. It is not just for those that play sports, older adults may actually have a higher risk of serious complications from a concussion.

Do you know the symptoms?



*The Seneca Woodlands Woman's Club invites you to
the Green Bank Library, Monday, February 10, 2020, at 6:00 pm to
learn about concussions and their symptoms.*

Janet Ghigo presents facts about what concussions are and what to do next if you suspect you or a loved one may have head trauma. Janet has over twenty years of experience with the BFD Fire and Rescue ambulance services and twenty years with the West Virginia Public Service Training as an EMT instructor.

For more information about the Seneca Woodlands Women's Club and this program, please contact Madge Vosteen at mhvosteen@gmail.com or call 304.456.5459.

2020 West Virginia University Forensic Science Summer Camp



What: The Next Generation Forensic Science Initiative in collaboration with the Department of Forensic and Investigative Science at West Virginia University will be hosting its annual forensic science summer camp for high school students (9th–12th grade).

The goal of this program is to bring the crime lab to the classroom. Through hands-on, experiential learning, participants will acquire the practical knowledge and skills that forensic scientists utilize in their day-to-day casework. At the conclusion of the week, participants will apply what they have learned to mock crime scenes at the Crime Scene Training Complex.

Sessions will include the following topics and activities:

- Criminal Justice
- Latent Fingerprints
- Firearm Evidence Examination
- Footwear Impression Evidence
- Forensic Biology
- Forensic Chemistry
- Bloodstain Pattern Analysis
- Crime Scene Investigation
- Forensic Photography
- Mock Crime Scenes

When: The camp will be held June 15 - 19, 2020

Where: The first 3 days of camp will be held at Oglebay Hall on the downtown campus. The last 2 days of camp will be held at the Crime Scene Training Complex on the Evansdale Campus, Morgantown, WV

Time: Camp will begin each day at 9:00 AM and conclude at 4:00 PM each day.

Cost:

Option 1: Day Camp—\$399.00 per person. Includes lunch each day, a T-shirt and a certificate of attendance.

Option 2: Overnight Camp—\$949.00 per person. Includes transportation to and from the airport, 6 nights supervised lodging, evening activities, meals (breakfast, lunch and dinner), a T-shirt and certificate of attendance. Check-in will be held on June 14th. **This does not include airfare or any other transportation costs other than what has been described.**

Registration: Registration will be on a first come, first serve basis. The camp will be limited to 50 students.

To register, go to <https://nexgenforensics.wvu.edu/courses/science-camp>. You will be directed to our payment system after completing the initial registration.



IMPORTANT DATES

1 November 2019
Application Open*

28 February 2020
Application Due*


22 June 2020
Start of NYSCamp

15 July 2020
End of NYSCamp

CONTACT

 NYSF
PO Box 3387
Charleston, WV 25333

 office@nysf.com

 +1 304 205 9724

 @NYSCenter

 @WVNYSCamp

 www.nyscamp.org

*FL, CA, and MA do not use online application; see apply.nyscamp.org for application process in these states

OVERVIEW

Established 1963 in West Virginia, the National Youth Science Camp (NYSCamp) is a free residential honors program for two accomplished high school graduates from each state in the USA, plus Washington, DC, Argentina, Bolivia, Brazil, Chile, Costa Rica, Ecuador, Mexico, and Trinidad and Tobago. NYSCamp's curriculum includes a broad range of science, technology, engineering, and mathematics (STEM) topics that incorporates both creative and performing arts as well as an outdoor adventure series with opportunities for mountain biking, spelunking, kayaking, and overnight backpacking. The delegation also travels to Washington, DC where they can meet congressional members, tour museums, and attend a panel discussion held at the American Association for the Advancement of Science. More information can be found at nyscamp.org.

HIGHLIGHTS

- Daily lectures and seminars with leading scientists
- Directed studies alongside visiting and resident STEM professionals
- Dedicated natural sciences, physical science, computer science, creative arts, performing arts, and outdoor recreation program areas
- Delegates attend **free of charge** - housing, meals, and transportation included!

ELIGIBILITY

- Graduates from high school between 1 July 2019 and 30 June 2020
- Documented superior academic proficiency
- Recognition for notable achievements in STEM program areas
- Skills and achievements outside of STEM and/or academics
- Intent to pursue higher education and a career in STEM
- Availability to participate in entire NYSCamp program
- Submit an application at apply.nyscamp.org on/before deadline
- International applicants please see apply.nyscamp.org for more requirements

MORE INFORMATION AT APPLY.NYSCAMP.ORG

SIMULATED WORKPLACE

PCHS
TRIBE OF ONE

WARRIOR PRIDE

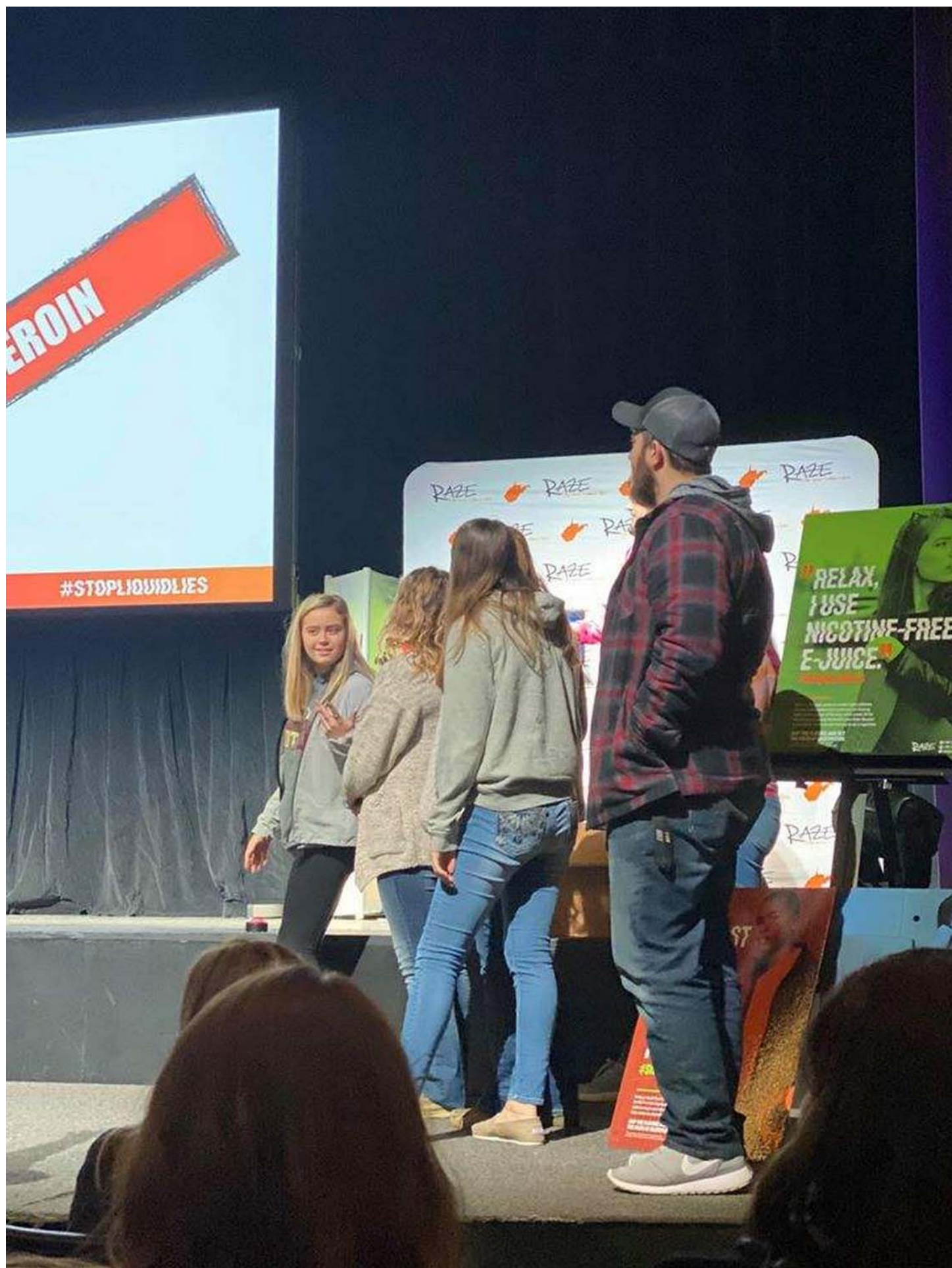












TRUE

RELAX,
I USE
NICOTINE-FREE
E-JUICE.

**# CHILL,
IT'S JUST
WATER
VAPOR
AND**







POCAHONTAS WARRIORS



HOMETOWN

Heroes





































POCAHONTAS COUNTY TRACK RECORD LADY			
100 YD			
Michelle Whitline	14.6	1985	
C. Blumhagen	15.0	1987	
Michelle Whitline	17.9	1987	
Shirley Carroll	18.0	1987	
200 YD			
Charlene Woodruff	32.8	1985	
Adrienne Nottingham	33.9	1985	
Adrienne Nottingham	35.8	1985	
Tasha Combs	37.1	1985	
Tasha Combs	38.3	1985	
Cara Heston	39.1	1985	
Lelia Carlson	40.1	1985	
Lelia Carlson	41.2	1985	
400 YD			
Shirley Carroll	1:04	1985	
Lelia Carlson	1:05	1985	
Adrienne Nottingham	1:06	1985	
Adrienne Nottingham	1:07	1985	
Adrienne Nottingham	1:08	1985	
Lelia Carlson	1:09	1985	
Lelia Carlson	1:10	1985	
Lelia Carlson	1:11	1985	
Lelia Carlson	1:12	1985	
Lelia Carlson	1:13	1985	
Lelia Carlson	1:14	1985	
Lelia Carlson	1:15	1985	
Lelia Carlson	1:16	1985	
Lelia Carlson	1:17	1985	
Lelia Carlson	1:18	1985	
Lelia Carlson	1:19	1985	
Lelia Carlson	1:20	1985	
Lelia Carlson	1:21	1985	
Lelia Carlson	1:22	1985	
Lelia Carlson	1:23	1985	
Lelia Carlson	1:24	1985	
Lelia Carlson	1:25	1985	
Lelia Carlson	1:26	1985	
Lelia Carlson	1:27	1985	
Lelia Carlson	1:28	1985	
Lelia Carlson	1:29	1985	
Lelia Carlson	1:30	1985	
Lelia Carlson	1:31	1985	
Lelia Carlson	1:32	1985	
Lelia Carlson	1:33	1985	
Lelia Carlson	1:34	1985	
Lelia Carlson	1:35	1985	
Lelia Carlson	1:36	1985	
Lelia Carlson	1:37	1985	
Lelia Carlson	1:38	1985	
Lelia Carlson	1:39	1985	
Lelia Carlson	1:40	1985	
Lelia Carlson	1:41	1985	
Lelia Carlson	1:42	1985	
Lelia Carlson	1:43	1985	
Lelia Carlson	1:44	1985	
Lelia Carlson	1:45	1985	
Lelia Carlson	1:46	1985	
Lelia Carlson	1:47	1985	
Lelia Carlson	1:48	1985	
Lelia Carlson	1:49	1985	
Lelia Carlson	1:50	1985	
Lelia Carlson	1:51	1985	
Lelia Carlson	1:52	1985	
Lelia Carlson	1:53	1985	
Lelia Carlson	1:54	1985	
Lelia Carlson	1:55	1985	
Lelia Carlson	1:56	1985	
Lelia Carlson	1:57	1985	
Lelia Carlson	1:58	1985	
Lelia Carlson	1:59	1985	
Lelia Carlson	2:00	1985	

**LADY WARRIORS
BASKETBALL**



Drinking Water Retested

No Nitrites were detected

Lab Results

Entry point (compliance): nitrate = 0.65 ppm, nitrite = not detected

Two special purpose

Well 1: nitrate = 0.55 pm, nitrite = not detected

Well 2: nitrate = 0.57 ppm, nitrite = not detected

Nitrate legal limit is 10 ppm and nitrite is 1 ppm.

IMPORTANT INFORMATION ABOUT YOUR DRINKING WATER
MONITORING REQUIREMENTS NOT MET FOR
POCAHONTAS COUNTY HIGH SCHOOL, WV9938035
Has Levels of NITRITE Above Drinking Water Standards

DO NOT GIVE THE WATER TO INFANTS UNDER 6 MONTHS OLD OR USE IT TO MAKE INFANT FORMULA

DRINKING WATER WARNING

Infants below the age of six months who drink water containing Nitrite in excess of the MCL could become seriously ill and, if untreated, may die. Symptoms include shortness of breath and blue baby syndrome.

What should I do?

- **DO NOT GIVE THE WATER TO INFANTS.** *Infants below the age of six months who drink water containing nitrite in excess of the MCL could become seriously ill and, if untreated, may die. Symptoms include shortness of breath and blue baby syndrome.* Blue baby syndrome is indicated by blueness of the skin. Symptoms in infants can develop rapidly, with health deteriorating over a period of days. If symptoms occur, seek medical attention immediately.
- Water, juice, and formula for children under six months of age should not be prepared with tap water. Bottled water or other water low in nitrites should be used for infants until further notice.
- **DO NOT BOIL THE WATER.** Boiling, freezing, filtering, or letting water stand does not reduce the nitrite level. Excessive boiling can make the nitrites more concentrated, because nitrites remain behind when the water evaporates.

Adults and children older than six months can drink the tap water (nitrite is a concern for infants because they can't process nitrites in the same way adults can). However, if you are pregnant or have specific health concerns, you may wish to consult your doctor.

What happened? What is being done? (Describe corrective action)

In 2004, Nitrite was sampled with results of 0.14 mcl. In 2019, Nitrite was sampled with results of 1.9 mcl.

The legal limit is 1.0. We are unsure at this time what has caused the change. However, we are exploring if one or both wells are contaminated. We are resampling and will keep the public informed with any updates.

For more information, please contact Joseph W. Riley at 304-799-6565
(Contact name) (Phone number)
Or 271 Warrior Way Dunmore, WV 24934
(Mailing address)

Please share this information with all the other people who drink this water, especially those who may not have received this notice directly (for example, people in apartments, nursing homes, schools and businesses). You can do this by posting this notice in a public place or distributing copies by hand or mail.

This notice is being sent to you by: **POCAHONTAS COUNTY HIGH SCHOOL**

State Water System ID #: WV9938035

Date Distributed: 1-29-2020

SUPPORTING THE
FIGHTERS
APPRECIATING THE
SURVIVORS
REMEMBERING THE
⌘ FALLEN
AND NEVER, EVER
GIVING UP HOPE



**SUPPORTING THE
FIGHTERS
APPRECIATING THE
SURVIVORS
REMEMBERING THE
⌘ FALLEN
AND NEVER, EVER
GIVING UP HOPE**

**LADY WARRIORS
BASKETBALL**



**SUPPORTING THE
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**LADY WARRIORS
BASKETBALL**



SUPPORTING THE
FIGHTERS
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SURVIVORS
REMEMBERING THE
⚔️ FALLEN
AND NEVER, EVER
GIVING UP HOPE

2020 Pocahontas County Alumni Game



Saturday, March 28, 2020

2:00 PM

- Concessions • T-shirts • Auction
- 50/50 Raffle • Pork BBQ Dinner • Bake Sale



Admission Cost

Adults: \$4.00

Students: \$3.00


Alumni Players & Cheerleaders:
\$20.00 (includes t-shirt)

To register, go to <https://tinyurl.com/scmjk27>

Questions? Contact Chloe Bland at 304-799-6564

POCAHONTAS COUNTY SCHOOLS

January Breakfast and Lunch Menu 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>HAPPY NEW YEAR</p>		<p>1 New Year's Day No School</p>	<p>2 Whole Grain Toasted Bagel w/Cream Cheese Cereal Fruit</p> <p>Hot Dog w/Whole Grain Bun Green Beans Oven Fries Coleslaw Fruit</p>	<p>French Toast Stix Cereal Fruit</p> <p>Beef Nachos w/Tortilla Rounds Sour Cream/Salsa Black Beans Romaine Salad w/Tomatoes Homemade Cookie Fruit</p>
<p>6 Colby Cheese Omelet Cereal Fruit</p> <p>Cheeseburger Lettuce/Tomato/Onion Sweet Potato Fries Bake Beans Corn Applesauce Cups</p>	<p>7 Homemade Cinnamon Roll Yogurt Fruit</p> <p>Orange Chicken Brown Rice Pilaf Stir-fry Vegetables Homemade Roll Fruit</p>	<p>8 Blueberry Muffins Cereal Fruit</p> <p>Potato Soup Grilled Cheese Sandwich Steamed Broccoli Peaches Ice Cream</p>	<p>9 Sausage & Egg Biscuit Cereal Fruit</p> <p>Lasagna Romaine Salad w/Tomatoes Green Beans Garlic Bread Fruit</p>	<p>10 Strudal Yogurt Fruit</p> <p>Phillysteak Hoagie Sliced Carrots w/Ranch Oven French Fries Fruit</p>
<p>13 Egg & Cheese Wrap Cereal Fruit</p> <p>Meatball Sub 1/2 Baked Sweet Potato Parmesan Broccoli Brownie Fruit</p>	<p>14 Banana Bread Cereal Fruit</p> <p>Chicken Patty w/Wheat Bun Lettuce/Tomato Tatar Tots Great Northern Beans California Medley Fruit</p>	<p>15 Pop tart Cereal Fruit</p> <p>Salisbury Steak Green Beans Mashed Potatoes w/Gravy Homemade Roll Fruit</p>	<p>16 Sausage & Gravy Biscuit Cereal Fruit</p> <p>Chicken Tenders w/Caesar Romaine Tomatoes & Croutons Corn Mixed Fruit Roll</p>	<p>17 Pancakes Yogurt Fruit</p> <p>Pizza Broccoli Salad Oven French Fries Carrot Stix w/Ranch Fresh Cut Fruit</p>
<p>20 Martin Luther King Jr's Birthday No School</p>	<p>21 Cereal Bar Yogurt Fruit</p> <p>Turkey & Cheese Hoagie 5 Way Vegetables Baked Beans Homemade Cookies Fruit</p>	<p>22 Sausage Pancake on Stick Yogurt Fruit</p> <p>Chicken Alfredo w/A Twist Steamed Broccoli Garlic Bread Pears</p>	<p>23 Egg & Cheese Biscuit Cereal Fruit</p> <p>Fish Sandwich Scallop Potatoes Carrot Stix Peas Fruit</p>	<p>24 Smoothie/Yogurt Parfait Cereal Fruit</p> <p>Popcorn Chicken Mashed Potatoes Green Beans Homemade Roll Fruit</p>
<p>27 Breakfast Burrito Cereal Fruit</p> <p>Chicken Nuggets Corn Cherry Tomatoes & Cucumbers w/Ranch Dressing Homemade Roll Fruit</p>	<p>28 Pretzel w/Cheese Cereal Fruit</p> <p>Chili Whole Baked Potato w/Sour Cream/Cheese Parmesan Broccoli Cornbread Crackers Fruit</p>	<p>29 Whole Grain Banana Muffin Cereal Fruit</p> <p>Chicken Chimichanga Black Bean Salsa/Sour Cream Sweet Potato Fries Mixed Vegetables Fruit</p>	<p>30 Homemade Cinnamon Roll Cereal Fruit</p> <p>Sloppy Joe Creamy Coleslaw Green Beans Oven French Fries Juice Sidekick</p>	<p>31 Sausage Biscuit Yogurt Fruit</p> <p>Pepperoni Roll Macaroni Salad Carrot Stix Romaine Salad Fruit</p>

For breakfast milk and yogurt offered daily.
For lunch milk and fresh fruit offered daily.

Gary Cutlip HES	59-14	<u>Morning Runs:</u> Beginning at Hillsboro Elementary School turn left on Route 219 South turn left on East Nicholas Road, travel to Denmar Road and turn left on Denmar Road. Begin picking up students at Workman Road, may travel to Locust Creek Road, turn right on *Locust Creek Road, travel to 219 turn left on 219 South, travel to Beartown Road, turn left on Beartown Road, travel to turnaround, return to 219 south, turn right on 219 North, travel to Healing Springs Road, turn right on Healing Springs Road, travel to turnaround, return to 219 North, turn right travel to Hillsboro Elementary School. 2nd AM Run: Repeat of first run beginning to pick up students at East Nicholas Road. <u>Afternoon Run:</u> Reverse of Morning Run	6:08 AM	<u>Morning Run:</u> Follow 219 South to Beartown Road, turn left on Beartown Road travel to turnaround, return to 219, and follow Route 219 North to Hillsboro School. Students on the Beartown, Healing Springs, Denmar Road, and Locust Creek Roads will meet the bus on Route 219. The bus will not travel those particular roads when a Snow Route has been deemed necessary by the Direction of Transportation and/or Superintendent. <u>Afternoon Run:</u> Reverse of Morning Run	2 Hour Delay – 8:08AM 3 Hour Delay – 9:08 AM
Gary Cutlip HES *Parents of middle and high school students can opt to meet the bus at HES to avoid the 6:10 AM pick up on Locust Creek.	59-14				
Donald McNeel HES	2-16	<u>Morning runs:</u> From Hillsboro School, go south on Rt 219 to the top of Droop Mountain & turn around on Lobelia Road. Then to Russell Scott Road and Lobelia Road on Caesar Mountain. Children are to board the bus at designated stops on Lobelia Road through its entire length to Hillsboro. The bus continues on Denmar Road 1st AM run:to Workman Road, turns around and back to Hillsboro School via Kinnison and Payne Streets. The bus then unloads all students to a bus enroute for MMS & PCHS. 2nd AM run:to turn right on Kinnison Street and to Payne Street to the Hillsboro School unloading at the school cafeteria and to the designated parking area. <u>Afternoon Run:</u> Reverse of the morning run with preference given to full time riders.	6:35 AM 8:00 AM	<u>Morning</u> - Both high /middle school and elementary runs start on Lobelia Road on the south end of Caesar Mountain & pick up students at their stops on Lobelia Road into Hillsboro. Times follow the standard 2 hr or 3 hr delay schedule whichever is announced. <u>Afternoon</u> - reverse of the morning run May pick up students that other buses cannot.	2 Hour Delay – 8:35 AM 3 Hour Delay – 9:35 AM

Allen Taylor GBEMS	66-14	<u>Morning Run:</u> Start at Green Bank Elementary/Middle School (GBEMS), travel 92/26 south to Dunmore and turn right on Rt. 28, pick up students along Rt. 28 and travel to PCHS turning onto Warrior Way. Travel Warrior Way and Hill Country Road to First and meet Jerry Wainwright at the intersection of 92 and Hill Country Road. Transfer students, travel north on Rt. 92/28 through First and Dunmore, turning at Haverhill Road and exiting back onto 92/28 at Curry Road, turning right and continuing on to GBEMS. <u>Afternoon Run:</u> Reverse of Morning Run	6:35 AM	<u>Morning Run:</u> Leave GBEMS to First meet Marlinton bus and transfer students, return to Route 92 North to Dunmore Country Mart. Students on Hill Country Road through the Mt. Zion community will meet their buses at PCHS. May pick up students that other buses cannot. <u>Afternoon Run:</u> Reverse of Morning Run	2 Hour Delay - 8:35 AM 3 Hour Delay - 9:35 AM
Scott Kelley GBEMS/PCHS	35-11	<u>Morning Run:</u> Leave PCHS travel to Wesley Chapel Road (Dunmore Entrance) Travel Wesley Chapel Road to Gifford's Run Road. Turn and go back out to Wesley Chapel. Through North Fork. Then to GBEMS from GBEMS to PCHS. <u>Afternoon Run:</u> Reverse of Morning Run	6:40 AM	<u>Morning Run:</u> Will only travel Wesley Chapel to North Fork and out to the Green Bank Fire House. Then to GBEMS. Pick up high school students at GBEMS and proceed to PCHS. May pick up students that other buses cannot. <u>Afternoon Run:</u> Reverse of Morning Run	2 Hour Delay - 8:40 AM 3 Hour Delay - 9:40 AM
Stephen Meek PCHS	51-10	<u>Morning Run:</u> Beginning at PCHS and traveling to Seibert for the first pick up, then coming back out Seibert Lane to Hillboro Elementary School and from Hillboro Elementary School traveling Route 219 to Old Buckeye Road, back to Rt. 39 to Rt. 28 and ending at Pocahontas County High School. <u>Afternoon Run:</u> Reverse of Morning Run except for Seibert Lane. Curry Road runs Seibert Lane in the evening.	6:45 AM	<u>Morning Run:</u> The bus will only travel Route 219 and will meet students at the intersections of the mentioned roads/lanes at Hillboro Elementary School. May pick up students that other buses cannot. <u>Afternoon Run:</u> Reverse of Morning Run	2 Hour Delay - 8:45 AM 3 Hour Delay - 9:45 AM
Evan Rose PCHS	3-17	<u>Morning Run:</u> Pocahontas County High School to the Route 92/39 intersection at Minschaba Springs and traveling Route 92 N to Rt. 84 and pick up students. Meet Allen Taylor at the intersection of Hill Country Road and Rt. 92 turning onto Hill Country Road/Warrior Way through to Route 28 by Pocahontas County High School and on to Route 39 below Huntersville to Marlinton Elementary School and back to Pocahontas County High School. <u>Afternoon Run:</u> Reverse of Morning Run	6:45 AM	<u>Morning Run:</u> The bus will only travel Route 92, Hill Country Road, and Route 28. If Hill Country is impassable, then the bus will travel to Dunmore, turn left on Route 28 and travel to Pocahontas County High School, then proceed back to Route 28 onto Marlinton Elementary School and back to Pocahontas County High School. May pick up students that other buses cannot. <u>Afternoon Run:</u> Reverse of Morning Run	2 Hour Delay - 8:45 AM 3 Hour Delay - 9:45 AM
Dan Ahern MMS	11	<u>Morning Run:</u> Beginning at Pocahontas County High School, turn right onto Route 28 towards Dunmore, turn left onto Route 92, turn left onto Route 66 at Casa intersection to Big Springs of Elk turn left onto Route 66, turn bus at the Ralph Buckwith residence return to Route 66, turn left onto Route 219, travel to Marlinton Elementary School, then onto Pocahontas County High School. <u>Afternoon Run:</u> Reverse of Morning Run	6:55 AM	<u>Morning Run:</u> Same as regular route with drop off and pick up at FairMar store. <u>Afternoon Run:</u> Reverse of Morning Run	2 Hour Delay - 8:55 AM 3 Hour Delay - 9:55 AM
Chuck McQuinn PCHS	8-19	<u>Morning Run:</u> PCHS to Wildcat Run Road to 92, turn the bus, travel 92 North to Rt. 39 turning left and traveling to Donath Creek Road. Proceed through Donath Creek, turning the bus, returning to Rt. 39, turning left, and traveling to the Route 39 Chevron. Transfer students to Rick McCarty's bus. Return to Rt. 39 and travel to Minschaba Springs turning right onto Rt. 92 and traveling North to Hill Country Road picking up high school students on Hill Country Road/Warrior Way on to PCHS. <u>Afternoon Run:</u> Reverse of Morning Run Transfer at Fisher's in the afternoon	6:45 AM	<u>Morning Run:</u> PCHS to Wildcat Run Road on 92 South. Return to Huntersville and transfer to Rick McCarty bus at Rt. 39 Chevron. Turn and return on 39 to intersection at Minschaba Springs and travel north on 92 to Hill Country Road. May pick up students that other buses cannot. <u>Afternoon Run:</u> Reverse of Morning Run	2 Hour Delay - 8:45 AM 3 Hour Delay - 9:45 AM
Larry Sharp PCHS	6-18	<u>Morning Run:</u> Leave PCHS and travel to Laurel Run Road. Travel through Slippery Hill Old Edray Road to Woodrow Mtn. Road to Campbelltown Road. To 219 to MES then PCHS. <u>Afternoon Run:</u> Reverse of Morning Run	6:45 AM	<u>Morning Run:</u> Meet students at the Edray Kwik Stop Parking lot. Travel 219 S. Meet students at the Rite Aid parking lot. Travel to MES and PCHS. May pick up students that other buses cannot. <u>Afternoon Run:</u> Reverse of Morning Run	2 Hour Delay - 9:20 AM 3 Hour Delay - 10:20 AM
Mike Gifford - MMS	52-10	<u>Morning Run:</u> Beginning at Marlinton Middle School, travel to Route 219 N turning right on Old Campbelltown Road, then travel to top of Airport Hill turning left onto Brownburg Road to the end of Brownburg and turn right onto Edray Road. Go to intersection of Edray and Branch Country Road and turn right onto Branch Country Road. Follow Branch Country back to 219 South to Route 39 to 4th Avenue to 9th Street at Marlinton Elementary School to 5th Avenue to Route 39 West to Route 219 South to Marlinton Middle School. <u>Afternoon Run:</u> Reverse of Morning Run	6:55 AM	<u>Morning Run:</u> Travel Rt. 219 picking up students along the way. Airport Road turn at intersection of Edray Road back down Airport Road to 219. Pick up at Rite-Aid then 219 South to MMS and MMS	2 Hour Delay - 9:35 AM 3 Hour Delay - 9:35 AM
Gary Rose MMS	58-13	<u>Morning Run:</u> Beginning at Marlinton Middle School, take a left, travel to intersection Route 39, take a right, travel to Tabernacle Church and turn in driveway above church at mobile home, proceed to the intersection of Route 219, and take right to Hillboro Elementary School. Leaving Hillboro Elementary School, take right on Route 219 north to Marlinton Middle School. Leaving Marlinton Middle School turn right on to Route 219 turn left at Wagon Road intersection, proceed through to intersection of Route 219 on to Marlinton Elementary School. Leaving Marlinton Elementary School travel back to Marlinton Middle School, from Marlinton Middle School proceed to School Days Child Care, turn left and travel to intersection of Route 39 and proceed to the Tabernacle church and turn in the driveway of the mobile home and proceed back to intersection of Route 219, turn right and travel to the intersection of Seibert Road turn at the old depot lot and travel back to Puffenberger Road, take a left out to Road, turn left and proceed to Hill Road intersection, turn and travel back to the intersection of Route 219 and turn left, proceed to Hillboro Elementary School, turn right and return to Marlinton Middle School. <u>Afternoon Run:</u> Reverse of Morning Run	6:45 AM	<u>Morning Run:</u> Begin at Marlinton Middle School, take a left and travel to the intersection of Route 39, take a right and turn the bus at Allegheny Aggregates. Proceed to 219 South to Hillboro Elementary School. From Hillboro Elementary School turn right on 219 North and proceed to Marlinton Middle School, leaving Marlinton Middle School, turn right and proceed on 219 North to Marlinton Elementary School. From Marlinton Elementary School proceed to 219 South and travel to Hillboro Elementary School and return to Marlinton Middle School. May pick up students that other buses cannot. <u>Afternoon Run:</u> Reverse of Morning Run	2 Hour Delay - 8:45 AM 3 Hour Delay - 9:45 AM
Rick McCarty MMS	51-10	<u>Morning Run:</u> Travel Wagon Road to Burt Valley, return to Beaver Creek. Meet bus at Huntersville Chevron transfer students proceed to MMS AND MMS. <u>Afternoon Run:</u> Reverse of Morning Run	6:55 AM	<u>Morning Run:</u> Start at First Entrance of Wagon State Park traveling regular route to MMS and MMS. May pick up students that other buses cannot. <u>Afternoon Run:</u> Reverse of Morning Run	2 Hour Delay - 9:55 AM 3 Hour Delay - 9:55 AM
Ryan Alderman MMS	58-12	<u>Morning Run:</u> Start at MMS and go to Woodrow East Branch Road, to Woodrow Road, to Jerico Road, to 219 to MES and then to MMS. <u>Afternoon Run:</u> Reverse of Morning Run	6:45 AM	<u>Morning Run:</u> Top of Woodrow to Edray 219 South to MES to MMS. May pick up students that other buses cannot. <u>Afternoon Run:</u> Reverse of Morning Run	2 Hour Delay - 8:45 AM 3 Hour Delay - 9:45 AM

Pocahontas County Schools Transportation Department

Regular Routes & Snow Routes (2019-20)

Snow Routes will only occur on 2 Hour or 3 Hour Delays or in special circumstances

Bus Driver & Work Station	Bus #	Regular Route	Time of First Stop	Snow Route	Approximate Time of First Stop
Jimmie Ryder GBEMS	20-13	<u>Morning Run:</u> Leave Murphy's Body Shop to Lower Murphy Road to Back Road to Durbin. Travel to top of Cheat, Come back around Old 250 to Durbin, Up around Highland Ave and on to Green Bank School. <u>Afternoon Run:</u> Reverse of Morning Run	6:40 AM	<u>Morning Run:</u> Leave Murphy's Lower Rd. To Durbin, around Durbin then on to GBEMS. May pick up students that other buses cannot. <u>Afternoon Run:</u> Reverse of Morning Run	2 Hour Delay – 8:40 AM 3 Hour Delay - 9:40 AM
Mike Murphy GBEMS	50-10	<u>Morning Run:</u> Leave Murphy's Body Shop traveling north on Rt. 92. Go out Johns Run Road, turn at the end of John's Run Road turn left onto Rt. 92S travel to Pine Tree Acres turn return to Rt. 92S. Return to 92S to GBEMS. <u>Afternoon Run:</u> Reverse of Morning Run	6:30 AM	<u>Morning Run:</u> Leave Murphy's Body Shop stop at the end of Johns Run Road and on to GBEMS. May pick up students that other buses cannot. <u>Afternoon Run:</u> Reverse of Morning Run	2 Hour Delay – 8:30 AM 3 Hour Delay - 9:30 AM
Cory Rexrode GBEMS	39	<u>Morning Run:</u> Start at Green Bank to Cass, From Cass on through upper Back Mountain Road. Then to Rt. 92/250 at West end of Durbin. From Durbin thru Frank to Bartow to GBEMS. <u>Afternoon Run:</u> Reverse of Morning Run	6:40 AM	<u>Morning Run:</u> From GBEMS to Bartow, Frank & Durbin on Rt. 92. From west end of Durbin to Frank, Bartow on Rt. 92/250 from Bartow back to GBEMS on Rt. 92. May pick up students that other buses cannot. <u>Afternoon Run:</u> Reverse of Morning Run	2 Hour Delay – 8:40 AM 3 Hour Delay - 9:40 AM
Silas Sattler - GBEMS	10	<u>Morning Run:</u> Beginning at the Pendleton County line on Route 250/28, then south to Thornwood – run may require driver to then travel on Route 250, 6 miles to the Mallow residence – then to Bartow, back to Arbovale (Old Arbovale Road) and on to Green Bank Elementary-Middle School. <u>Afternoon Run:</u> Reverse of Morning Run	6:55 AM	<u>Morning Run:</u> From Bartow, travel south on 92/250, stop at Hermitage and pick up students from Rt. 28 and Thornwood. Resume normal route and may pick up students that other buses cannot.. <u>Afternoon Run:</u> Reverse of Morning Run	2 Hour Delay – 8:40 AM 3 Hour Delay - 9:40 AM
Adam Taylor PCHS/GBEMS	1-16	<u>Morning Run:</u> Beginning at Pocahontas County High School, follow Warrior Way to Rt. 28 turning right and travel to Laurel Run Road. Enter Laurel Run and travel to Cloverlick, Road to Cloverlick, following River Road and turning at end of River Road, coming back out and turning right in to Stony Bottom at top of Cold Run Road and travel into Gum Road to Whittaker Campground then to Rick Gum's turning the bus, to Cass Firehouse – turn bus, come out of Cass, traveling on to Green Bank Elementary-Middle School. Pick up high school students at GBEMS, return to 92/28 turning right and proceed to PCHS via 92/28 to 28 picking up high school students as necessary on 92/28 and Rt. 28. <u>Afternoon Run:</u> Reverse of Morning Run	6:35 AM	<u>Morning Run:</u> Students will meet the bus at the Cass Fire Hall. This includes students from the lower part of Back Mountain Road on Steve Mick's Run. The bus will travel out of Cass and stay on North 92 stopping if students need picked up. May pick up students that other buses cannot. <u>Afternoon Run:</u> Reverse of Morning Run	2 Hour Delay – 8:45 AM 3 Hour Delay - 9:35 AM

Instructions for Snow Routes

- 1. If a Snow Route is in effect, the announcement will be broadcast on all the major new and radio outlets currently used by Pocahontas County Schools.**
- 2. The Snow Route announcement will be broadcast on School Messenger to all of the Staff and Students of Pocahontas County Schools.**
- 3. Snow Routes will only occur on 2 or 3 hour delays or in special circumstances.**
- 4. The Snow Route that runs in the morning will also run in the evening. NO REGULAR ROUTES (Morning or Evening) WILL BE RUN ON A SNOW ROUTE DAY!**
- 5. Students may ride a different bus rather than their normal bus.**
- 6. If a student cannot get to school because a bus was not available, the parent must write an excuse that the bus was not running. The excuse is necessary for an excused absence. Obvious abuses of this situation will be handled by the Attendance Director.**
- 7. Parents may transport their children to school but will have to either pick them up at the end of school day or call the bus driver and make arrangements for the child to be dropped off at a Snow Route stop. NO REGULAR ROUTES (Morning or evening) WILL BE RUN ON A SNOW ROUTE DAY!**
- 8. There is no way to practice Snow Routes. Our first attempt of the new school year may not be as refined as we want it to be. The efficiency will get better as we run them more often.**
- 9. The ultimate decision as to whether a child rides the bus and attend school lies solely with the parent. If the parent deems it too dangerous for their child to go, then the child will be absent. But it is the sole responsibility of the parent to present an excuse as to the reason for their child's absence.**









POCAHONTAS COUNTY TRACK RECORDS

BOYS

Michaela Nelson	19.6.3"	LONG JUMP
C. Brumley, D. Brown	6'10"	HIGH JUMP
Michaela Nelson	27'8"	SHOTPUT
Angela Carroll	100'1"	DISCUS

Cheryl Woodruff	13.08	100 M
Adrienne Hollingsworth	26.8	200 M
Adrienne Hollingsworth	55.08	400 M
Tasha Carbo	2:21.85	800 M
Tasha Carbo	6:23.38	1600 M
Cara Rodrick	13:08.34	3200 M
Laila Carlson	16.12	5000 M
Laila Carlson	41.09	10000 M
Tracy Brumley, David Lee	1:01	4 X 100 M
Laila Carlson, David Lee, Tracy Brumley	1:01.38	4 X 200 M
Adrienne Hollingsworth, David Lee	4:10	4 X 400 M
Tracy Brumley, David Lee, Tracy Brumley	9:12	4 X 800 M









































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FROSTY'S
BABY PICTURE







92







We wish you a
'TREE' mendous
Christmas Season!



elan

Bah! Hum Bug!
to Elf on a Shelf!

ELVES ON
A DOOR

WISHES YOU
MERRY
CHRISTMAS
AND
MORE!



129



Merry

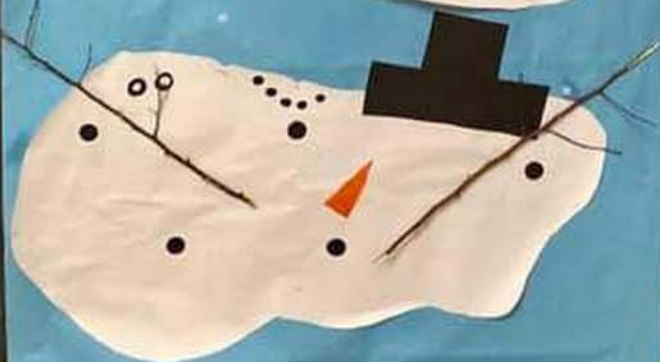
Grinchmas!



Mr. Rittenhouse's
homeroom says
"Merry Christmas" with
huge 'GRIN'ches on their
faces!



Baby
it's
hot
in
welding
class!







Be a **light** in this world. **Merry Christmas!**



CHILLIN'
WITH
MY
SNOWMIES















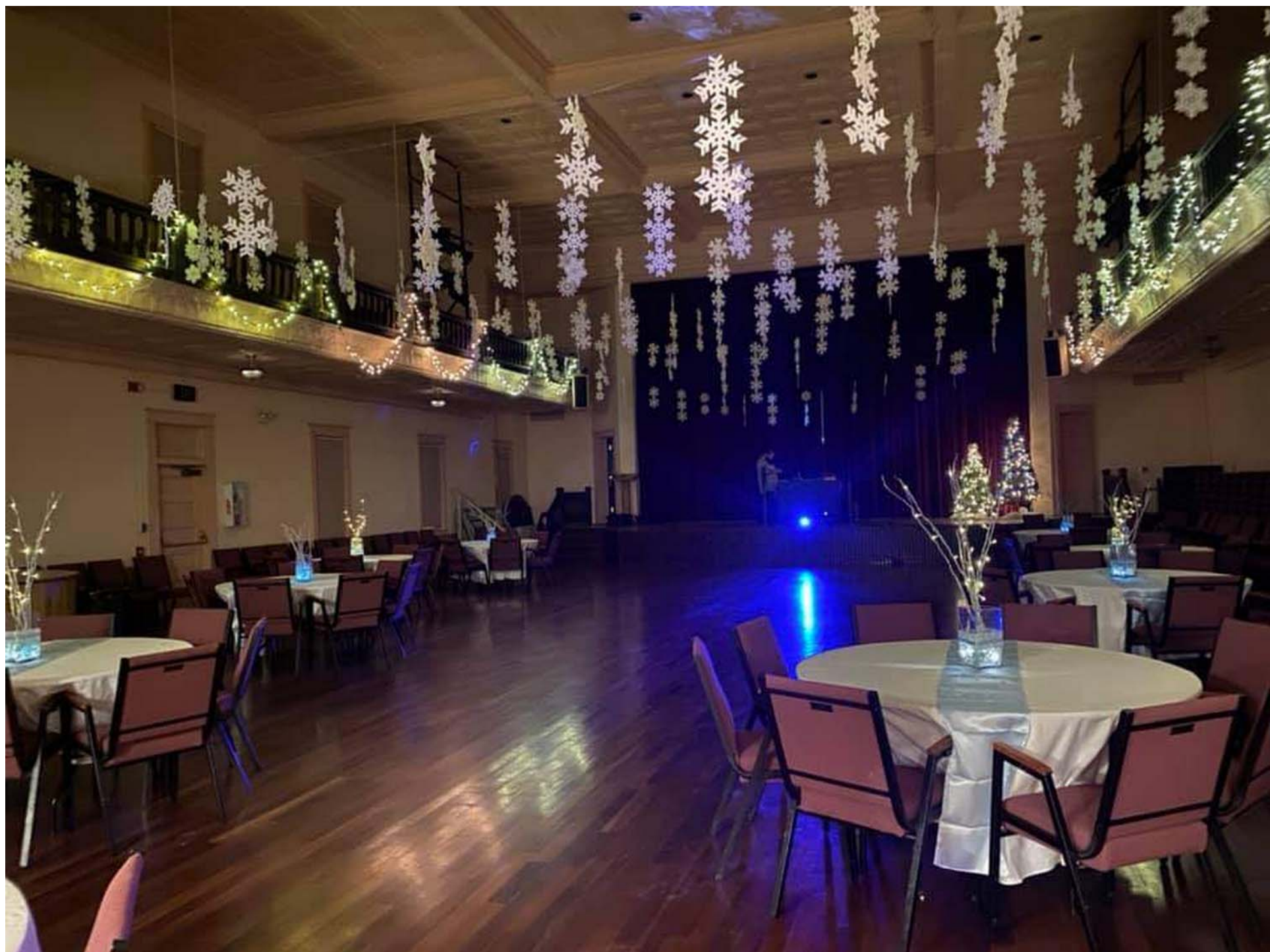


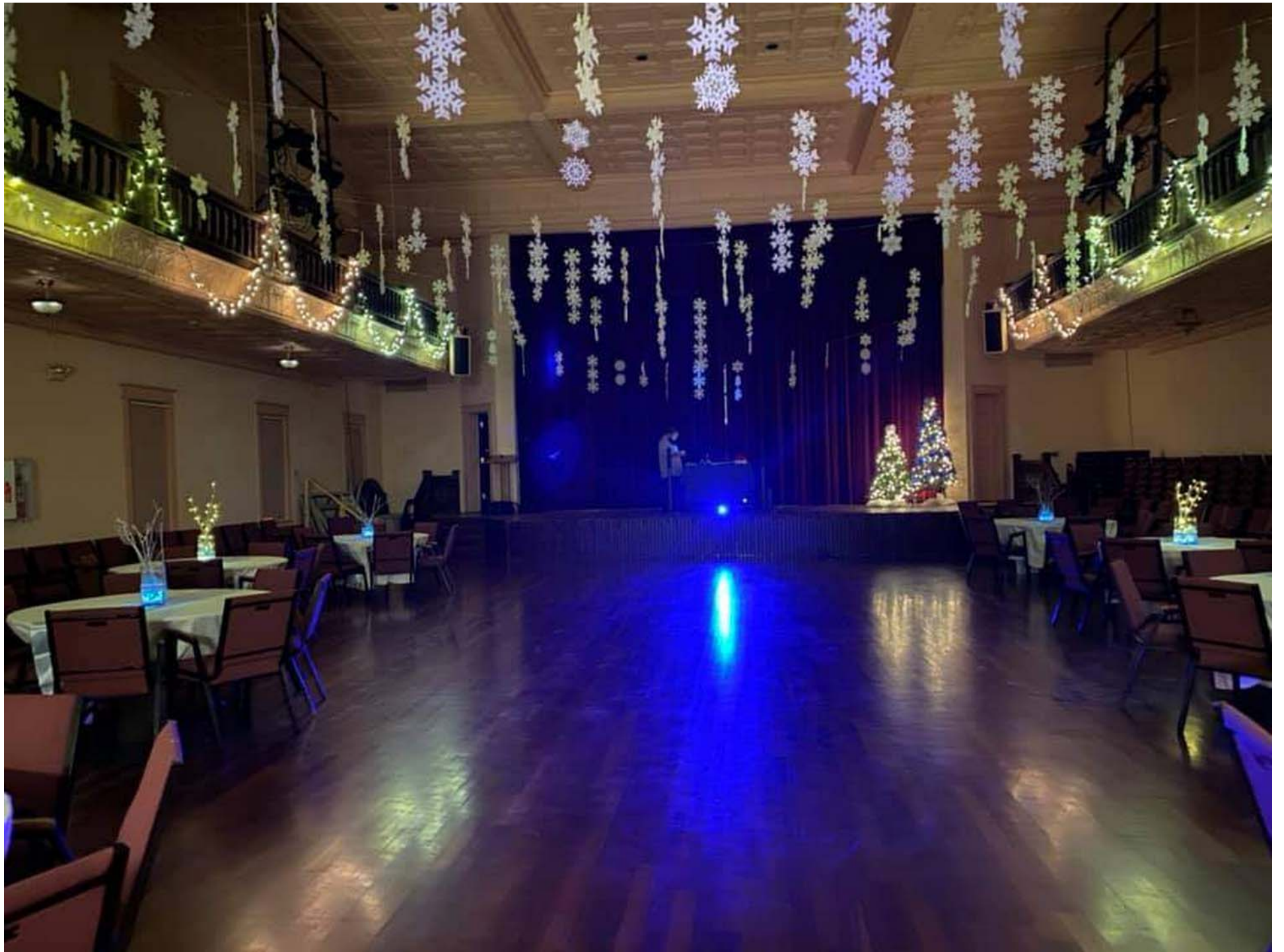










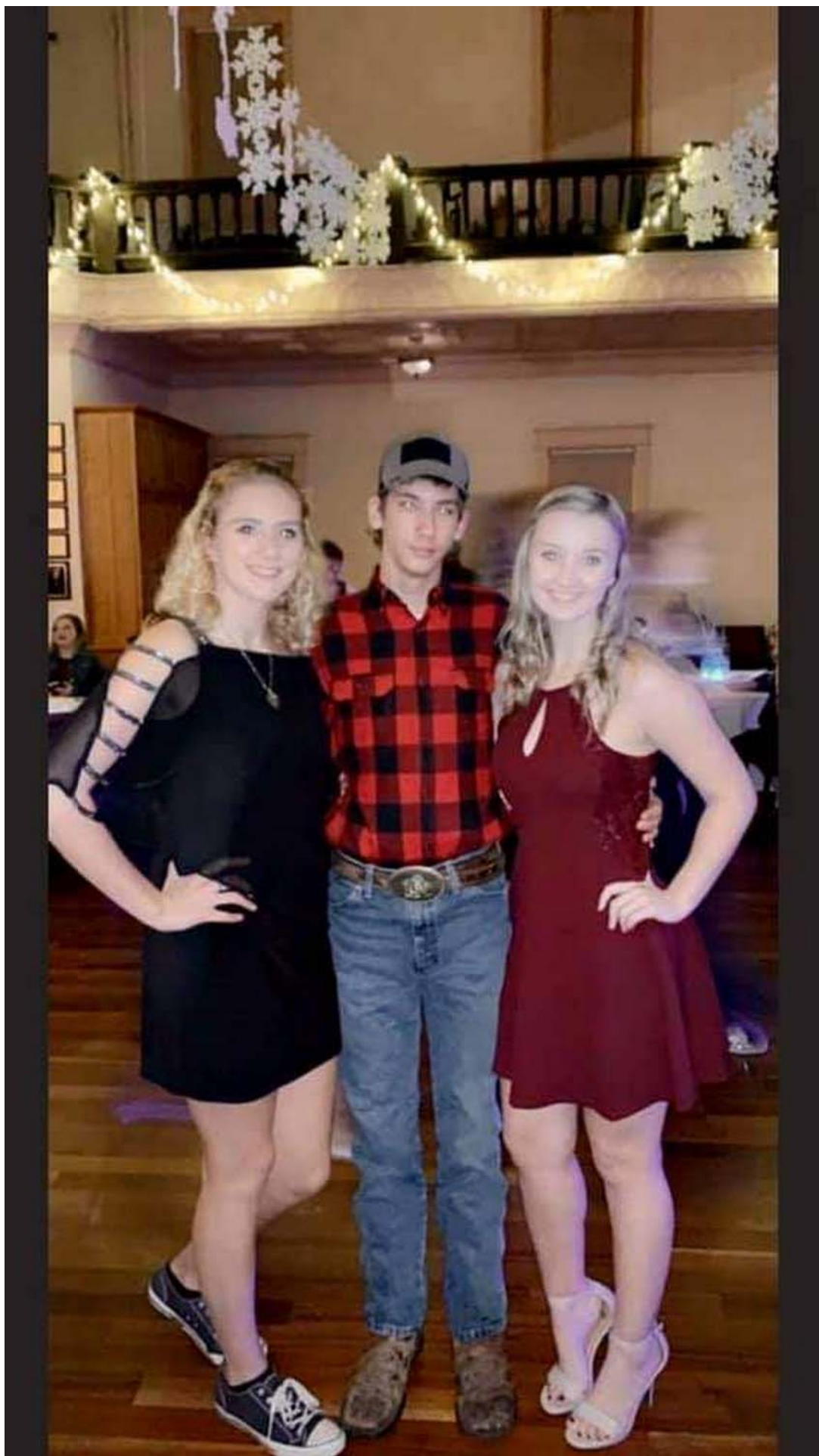






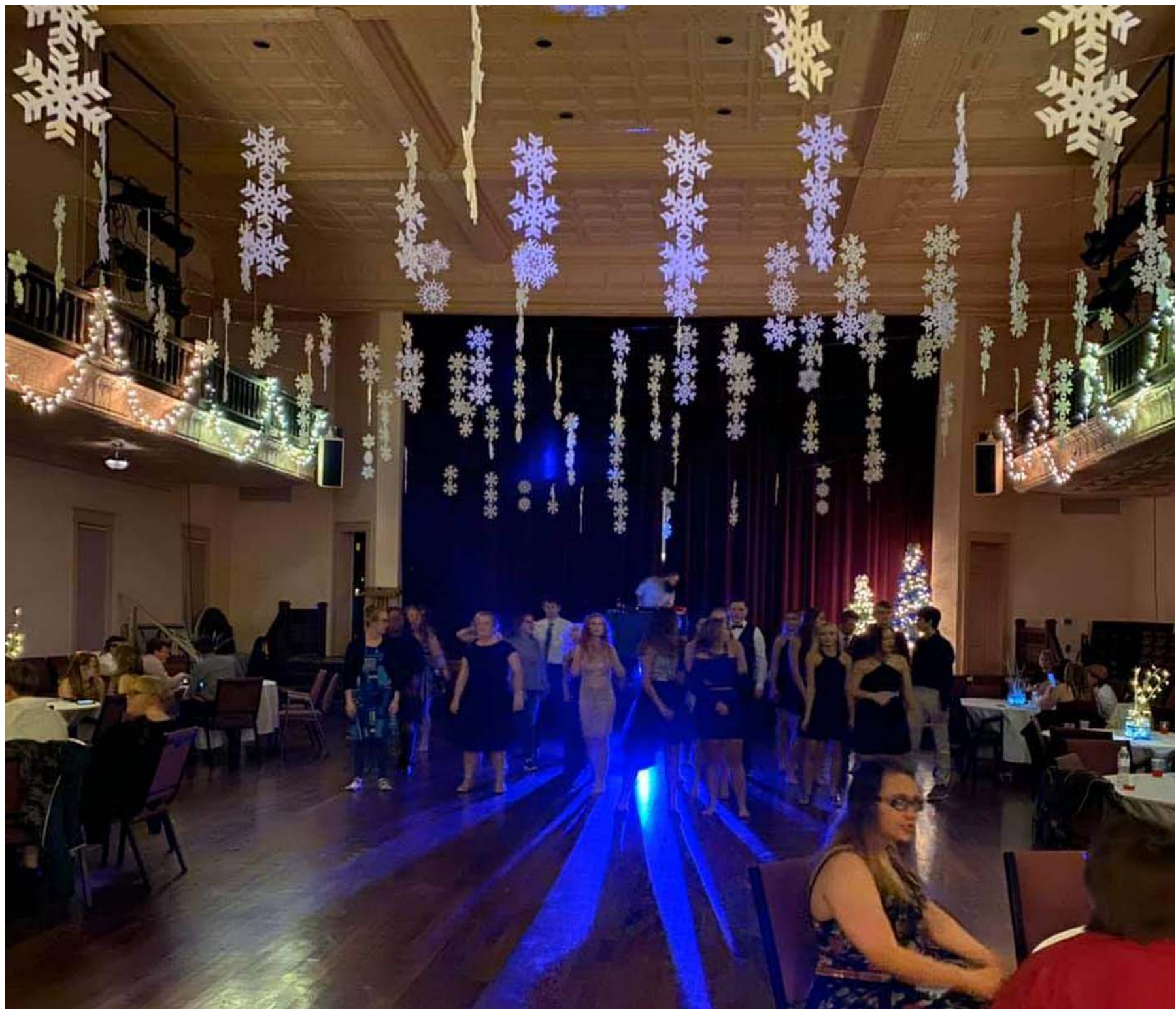














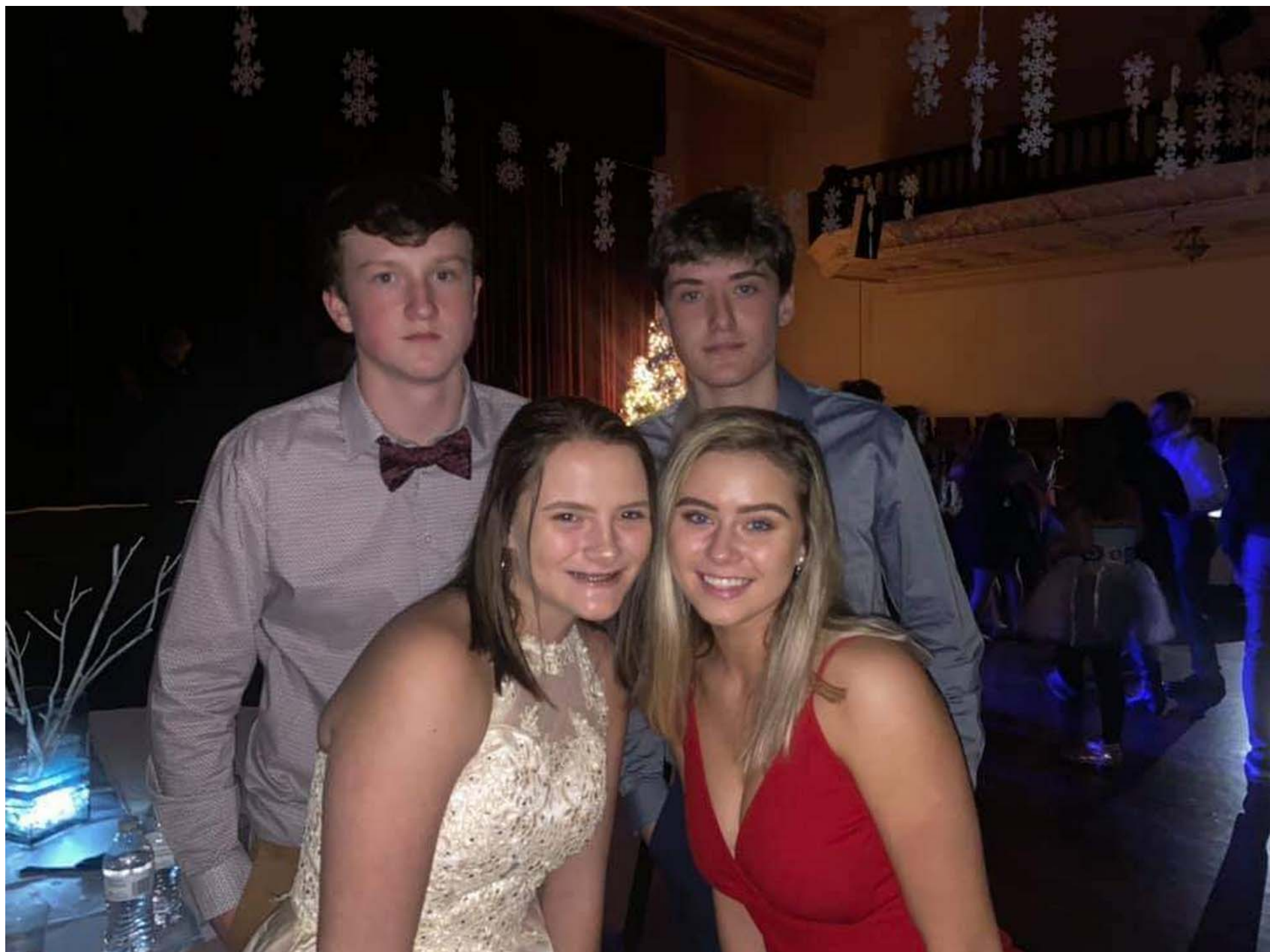


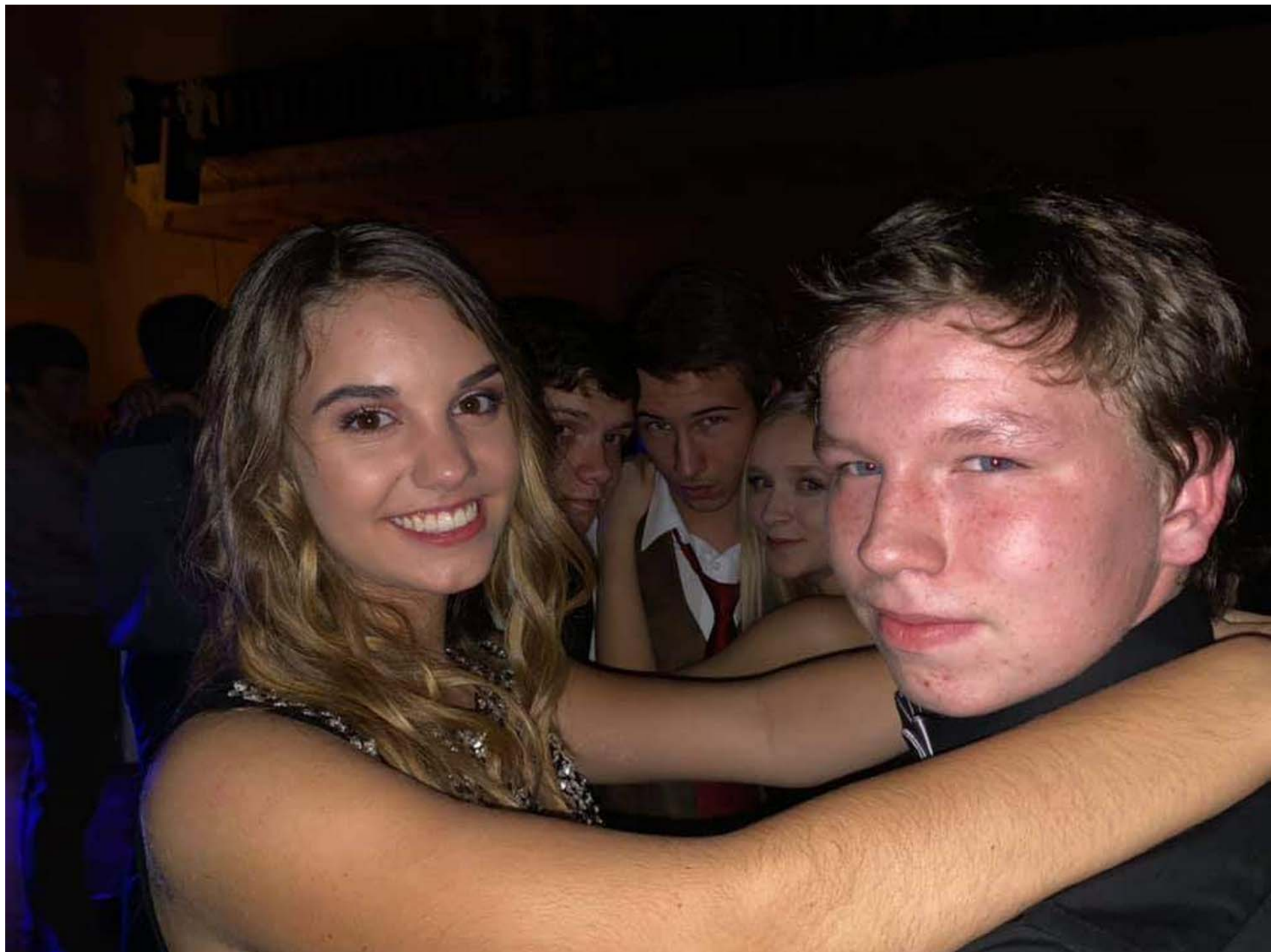




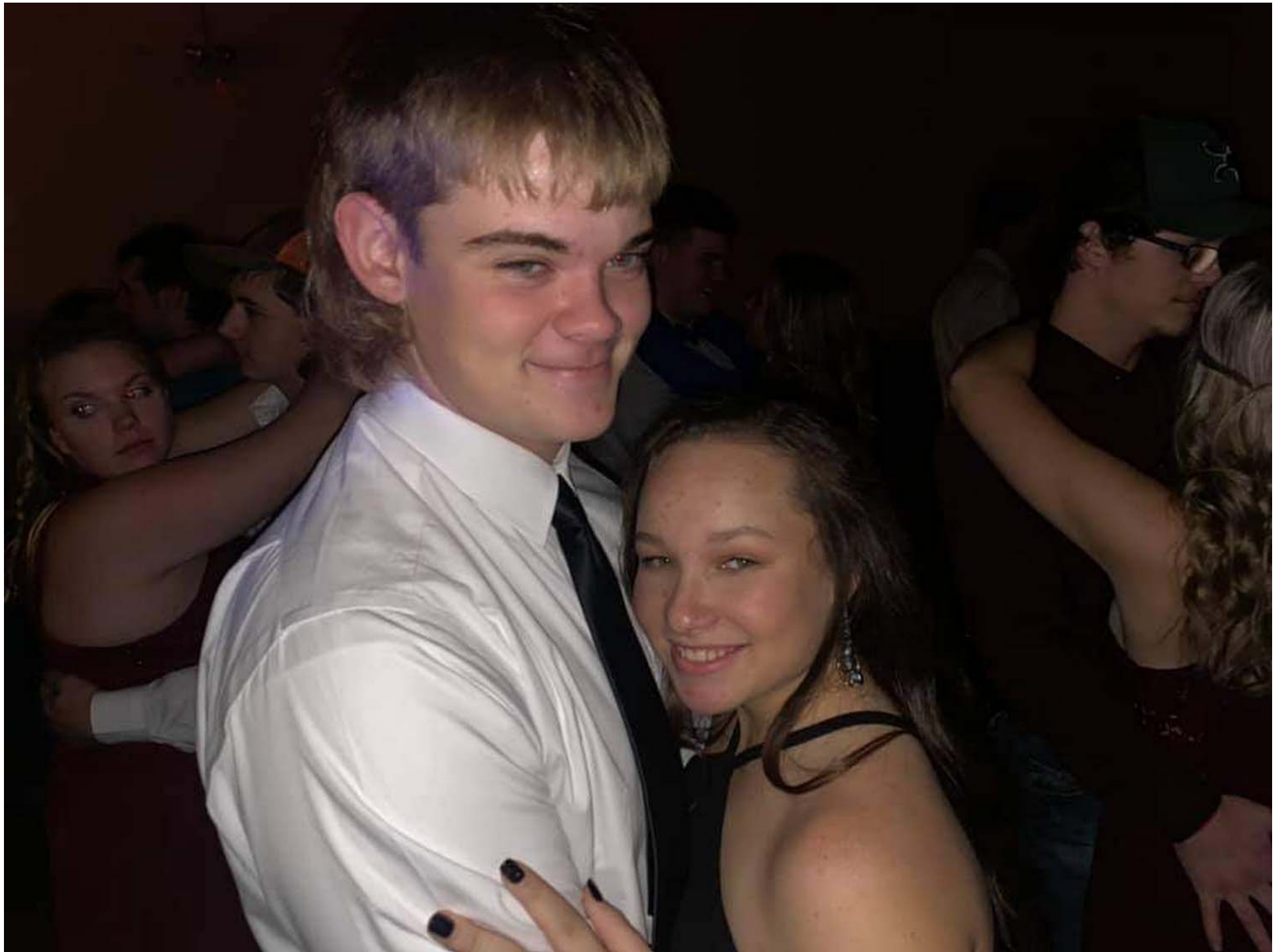


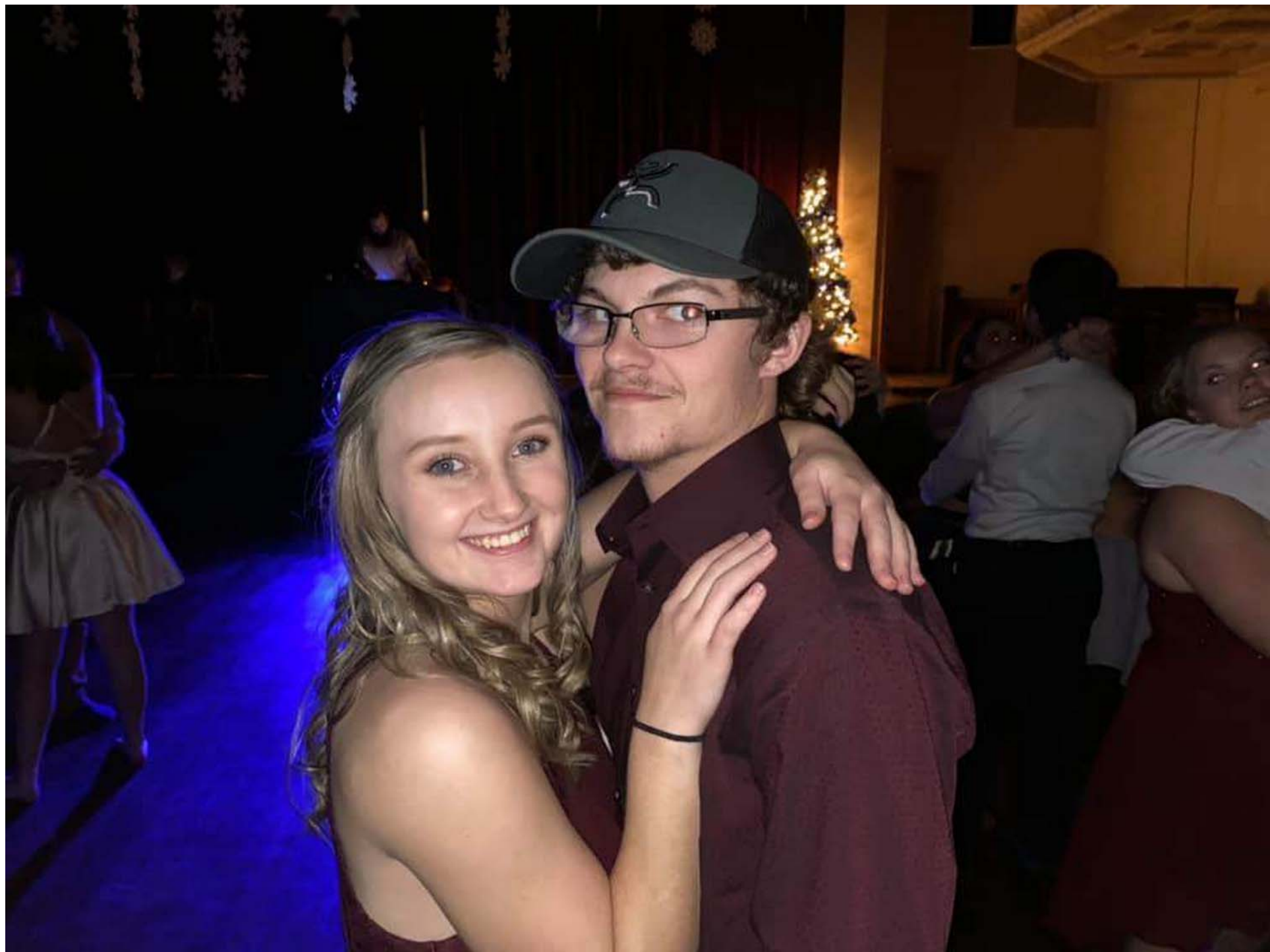








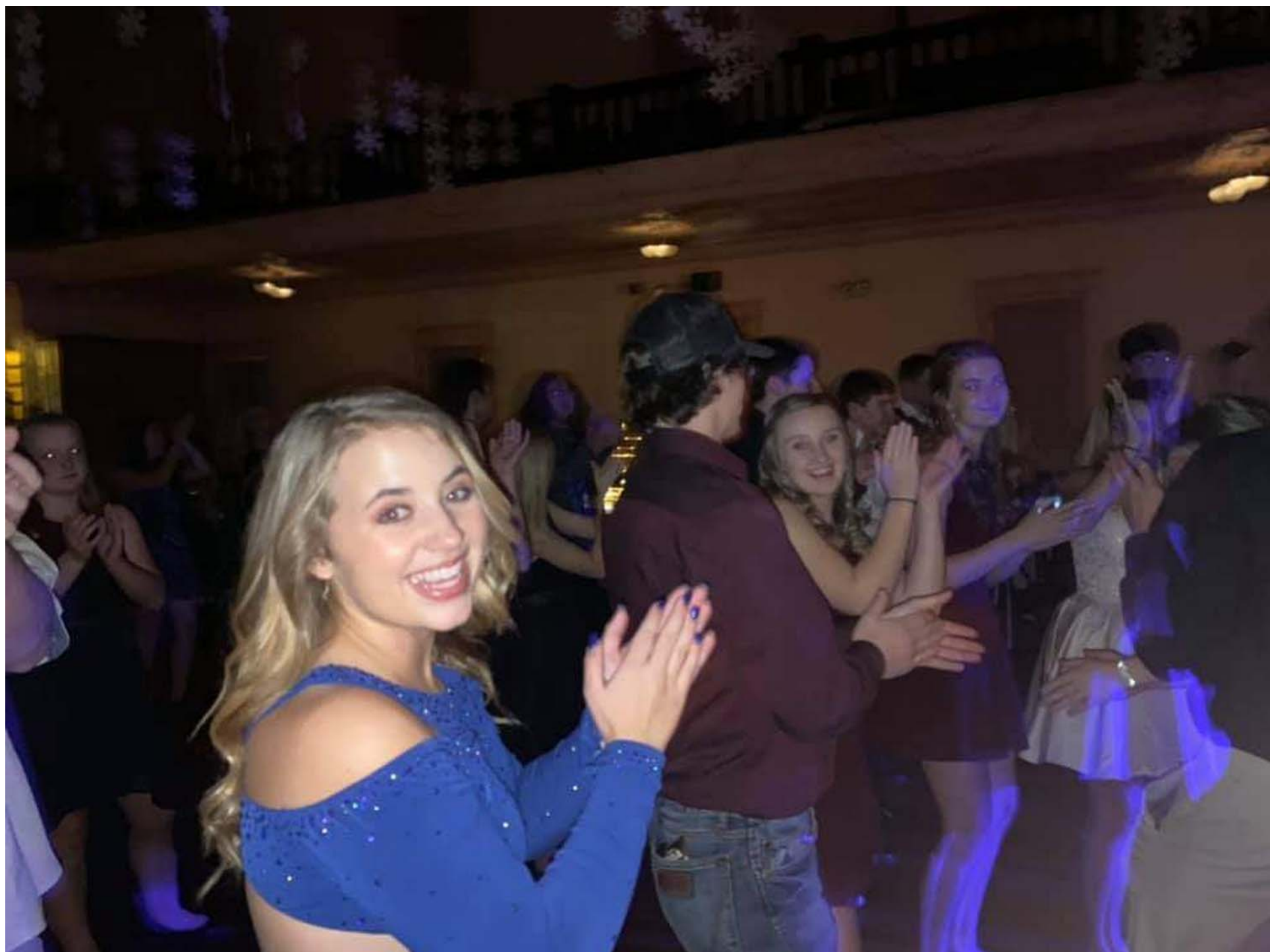


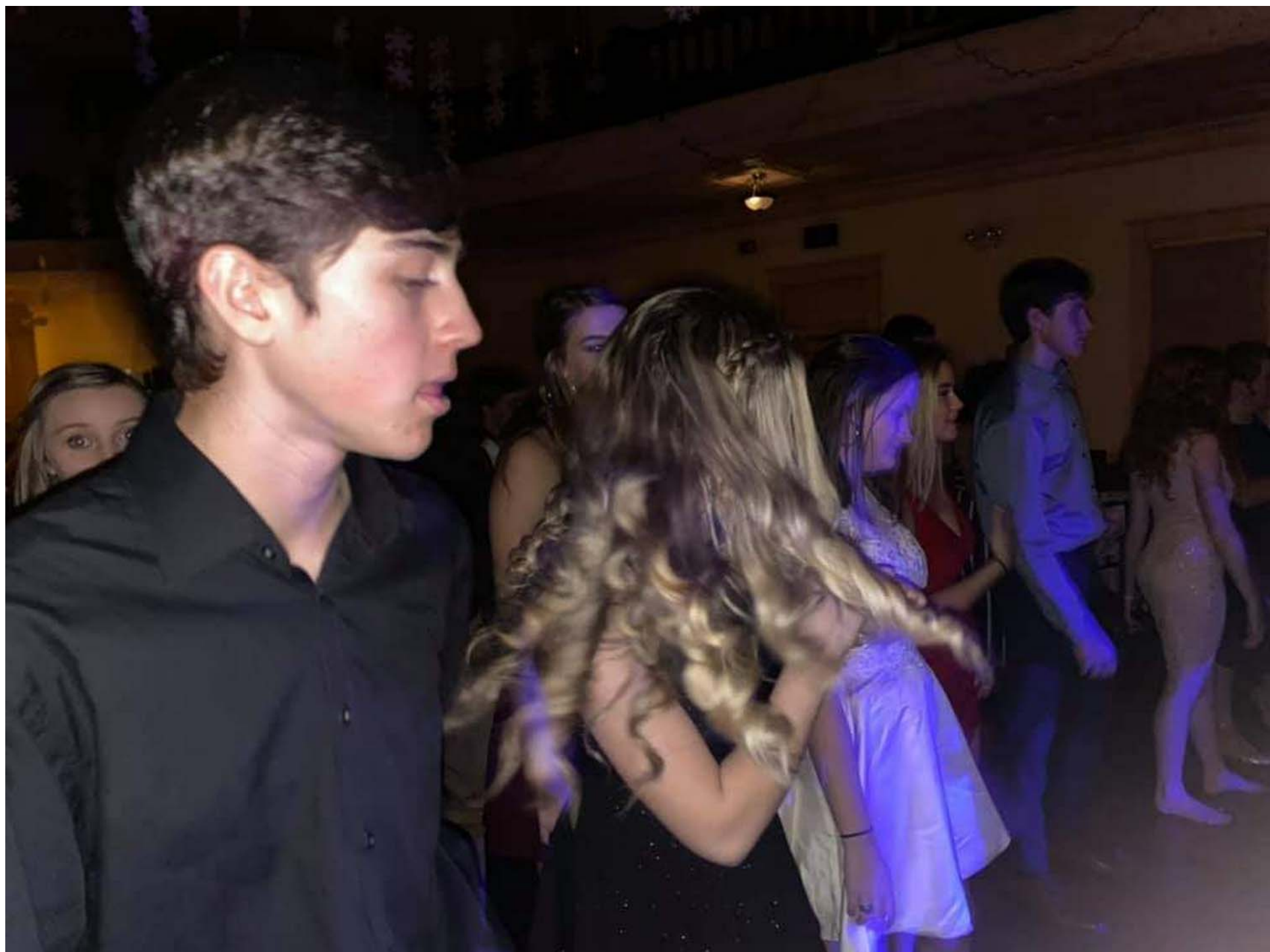




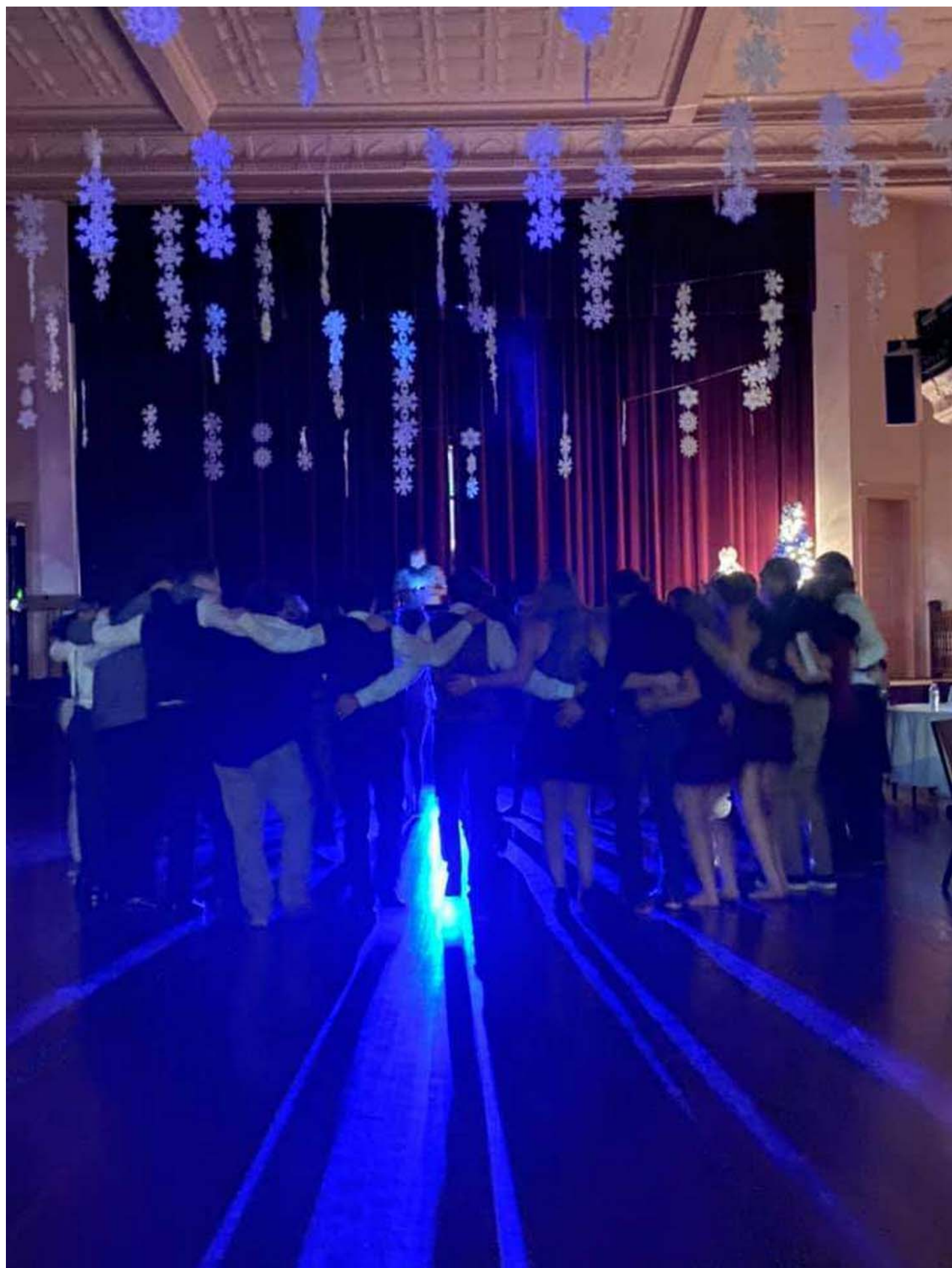






































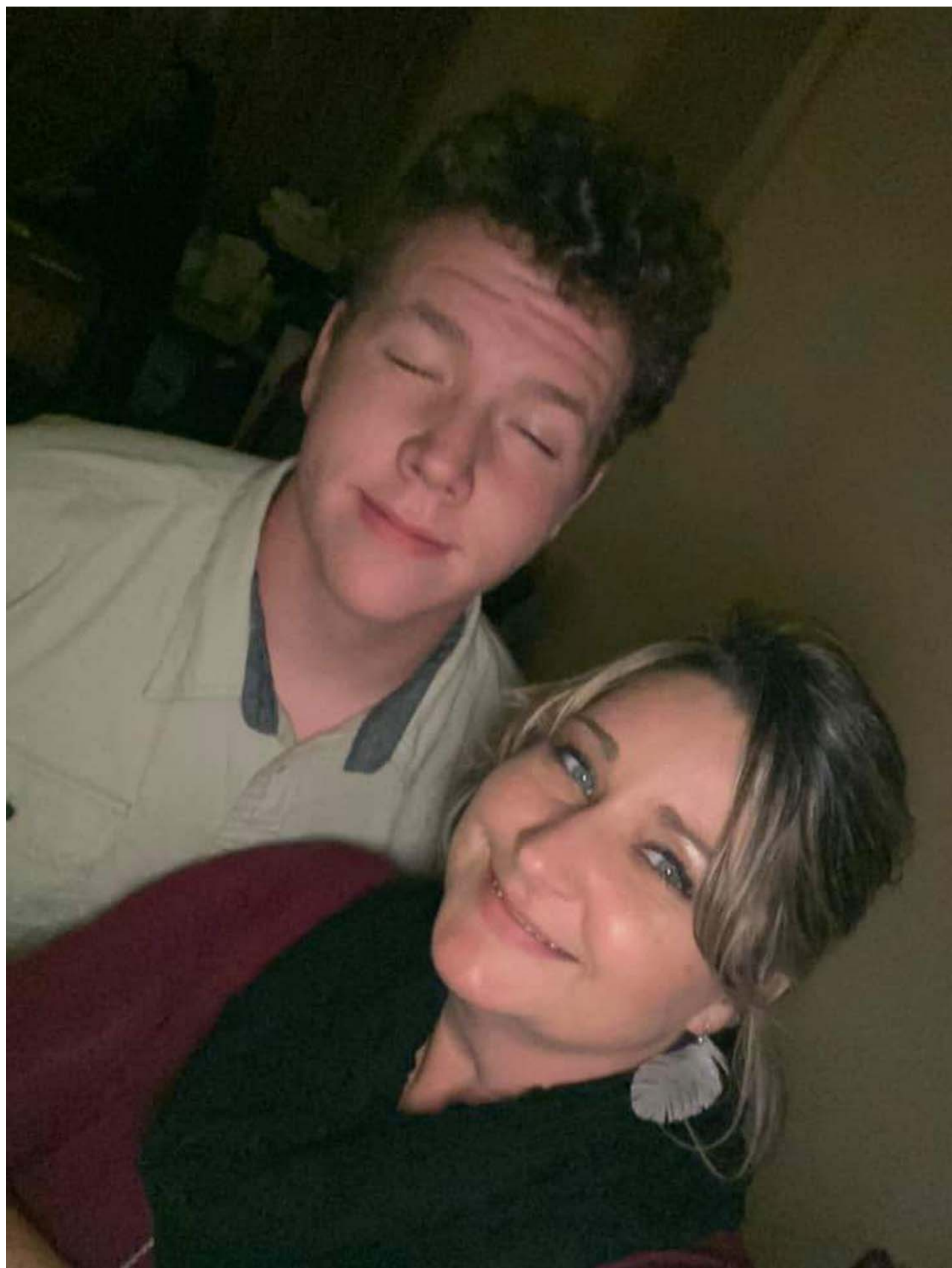






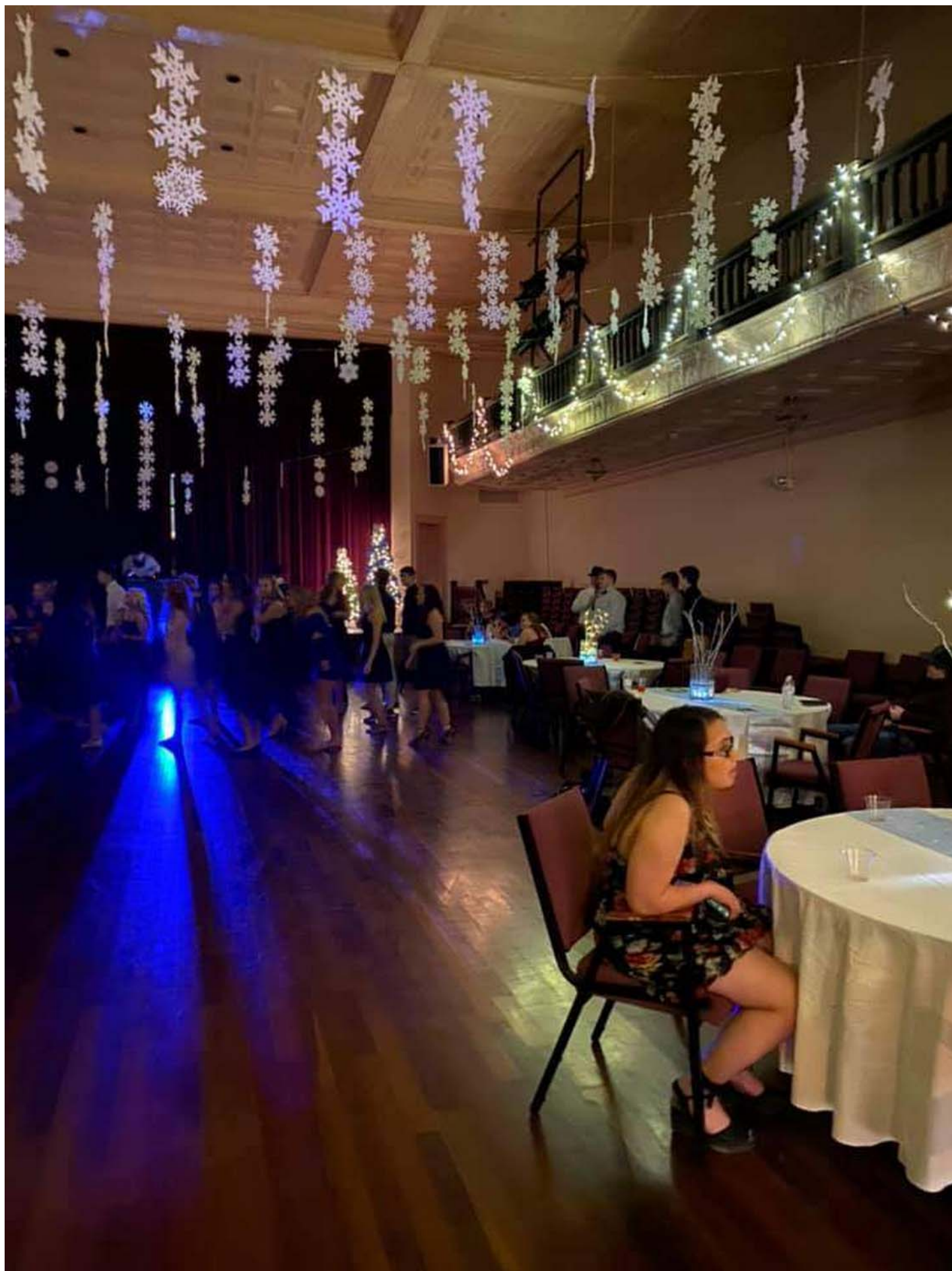




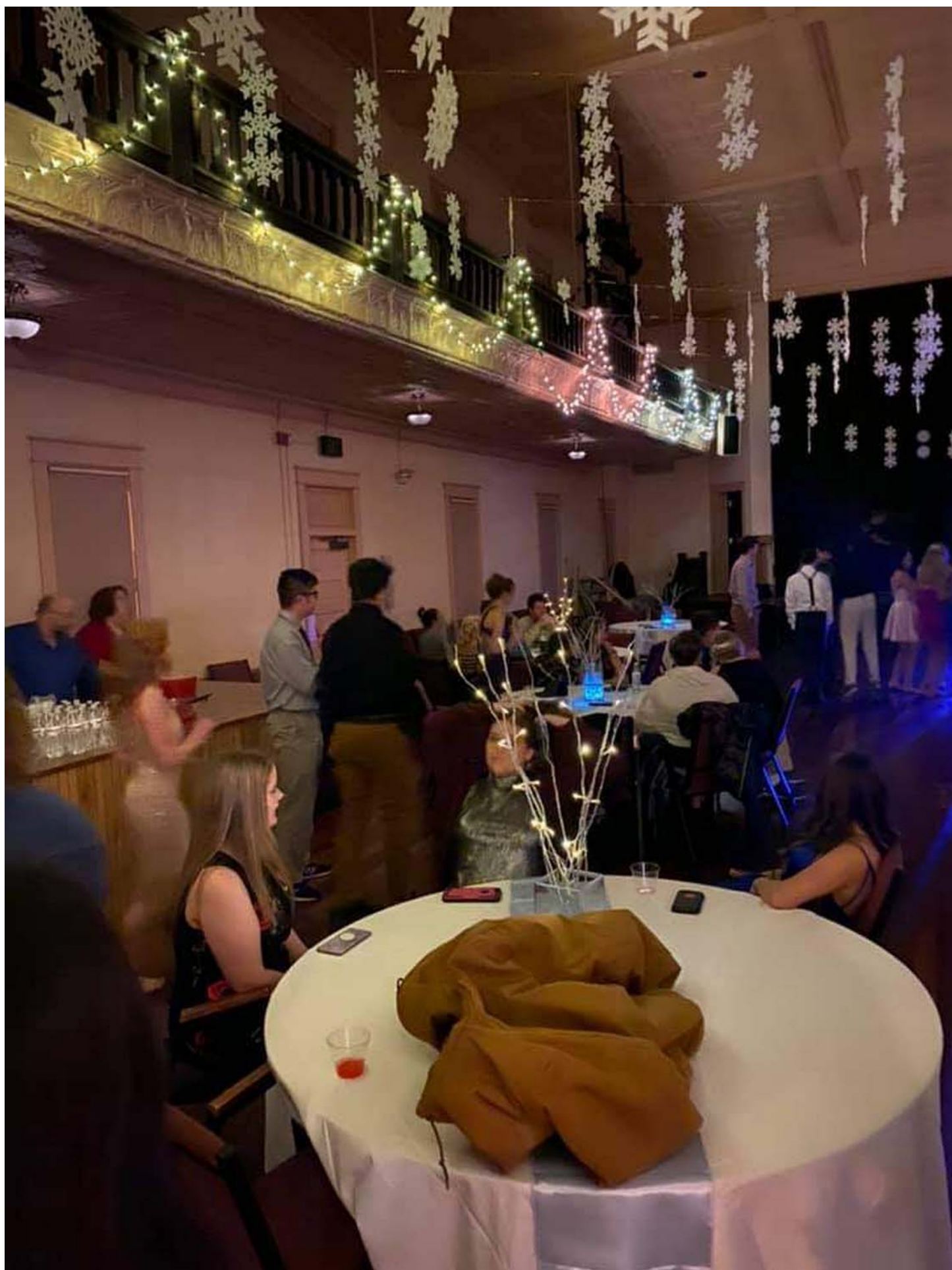






































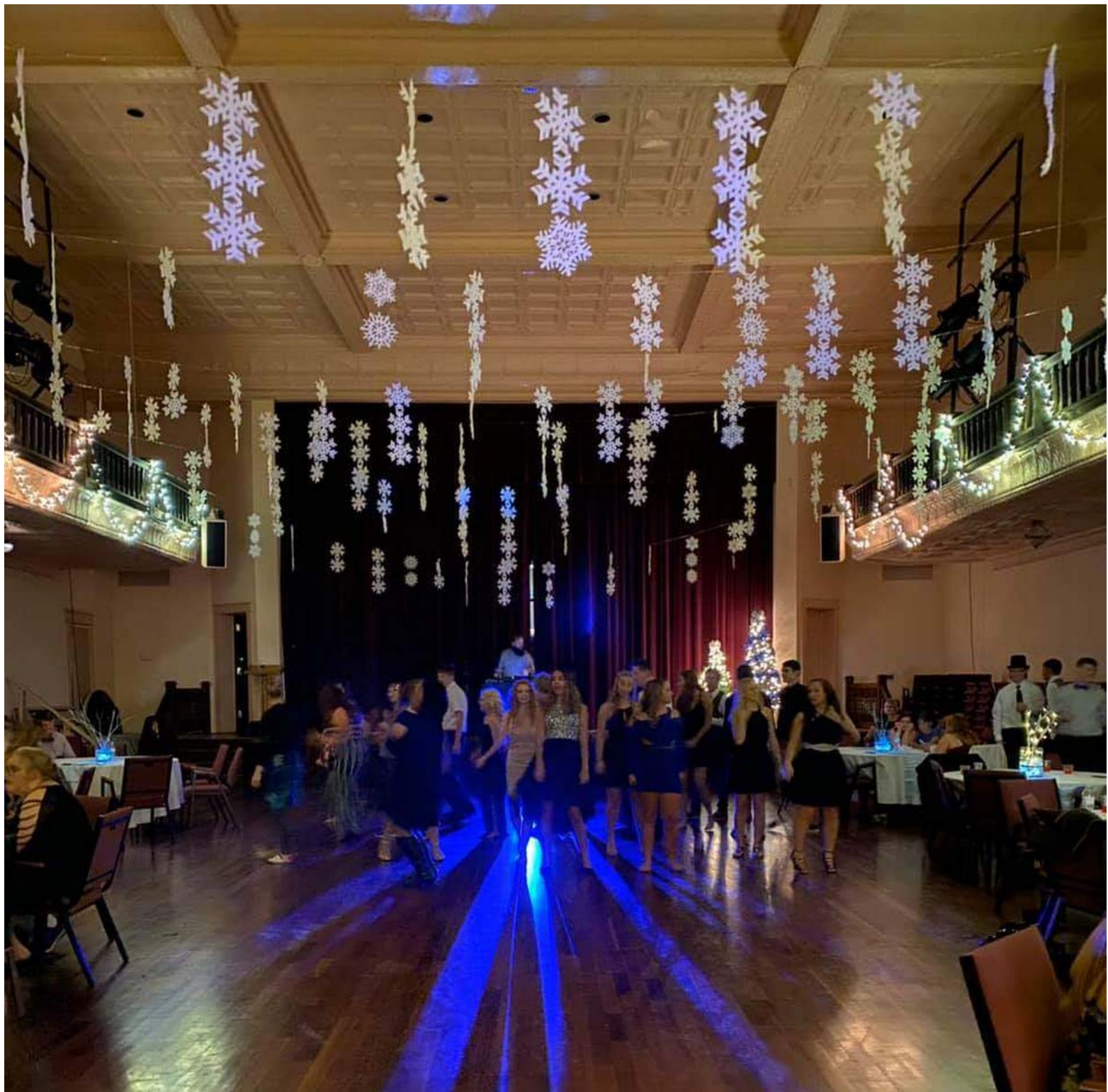










































































































































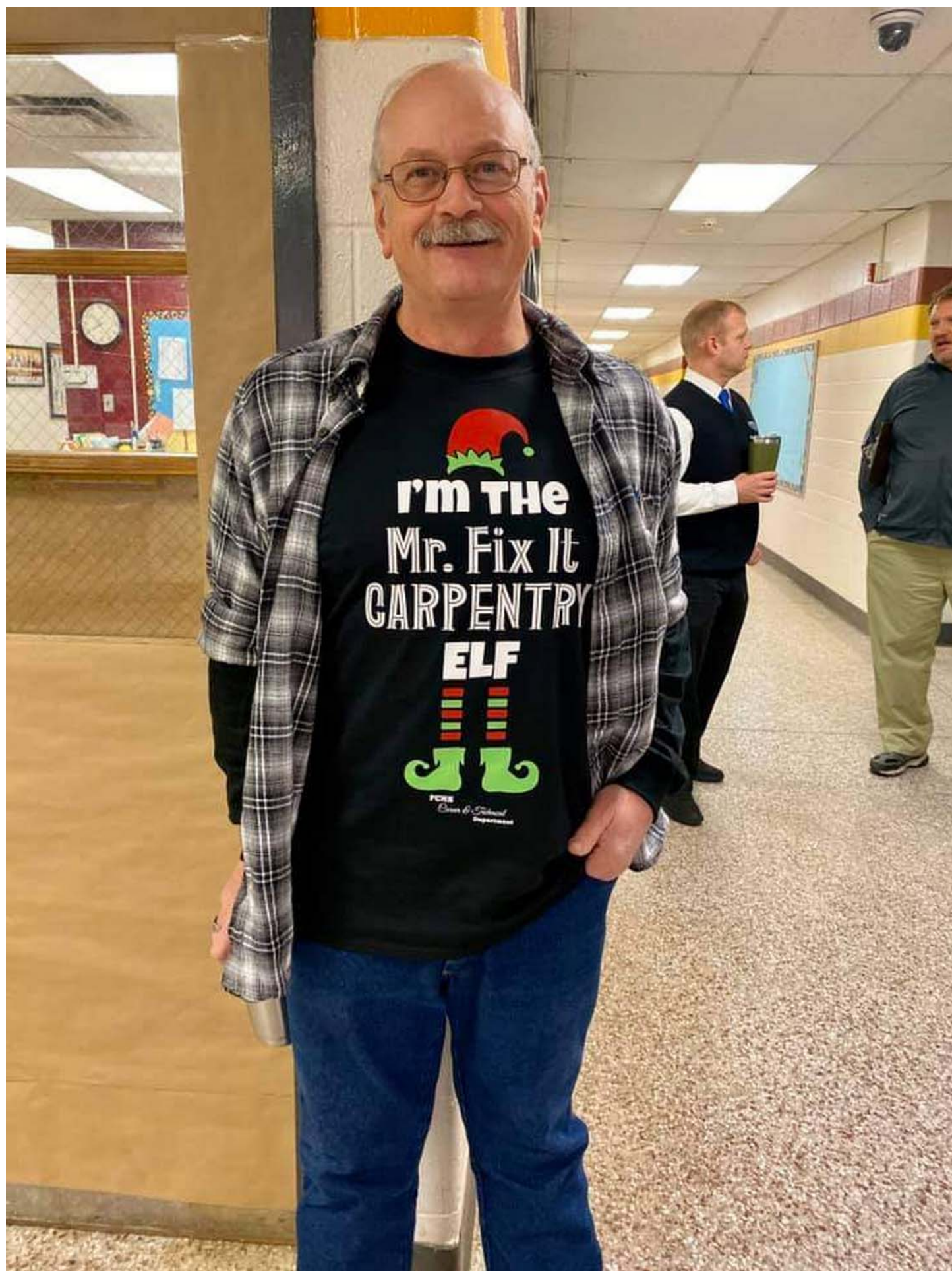
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P.C.H.S. Annual ELF AUCTION



IS ACTIVELY SEEKING DONATIONS
FROM OUR COMMUNITY
& LOCAL BUSINESSES

Ideas for Donations

Baked Goods, Gift Certificates

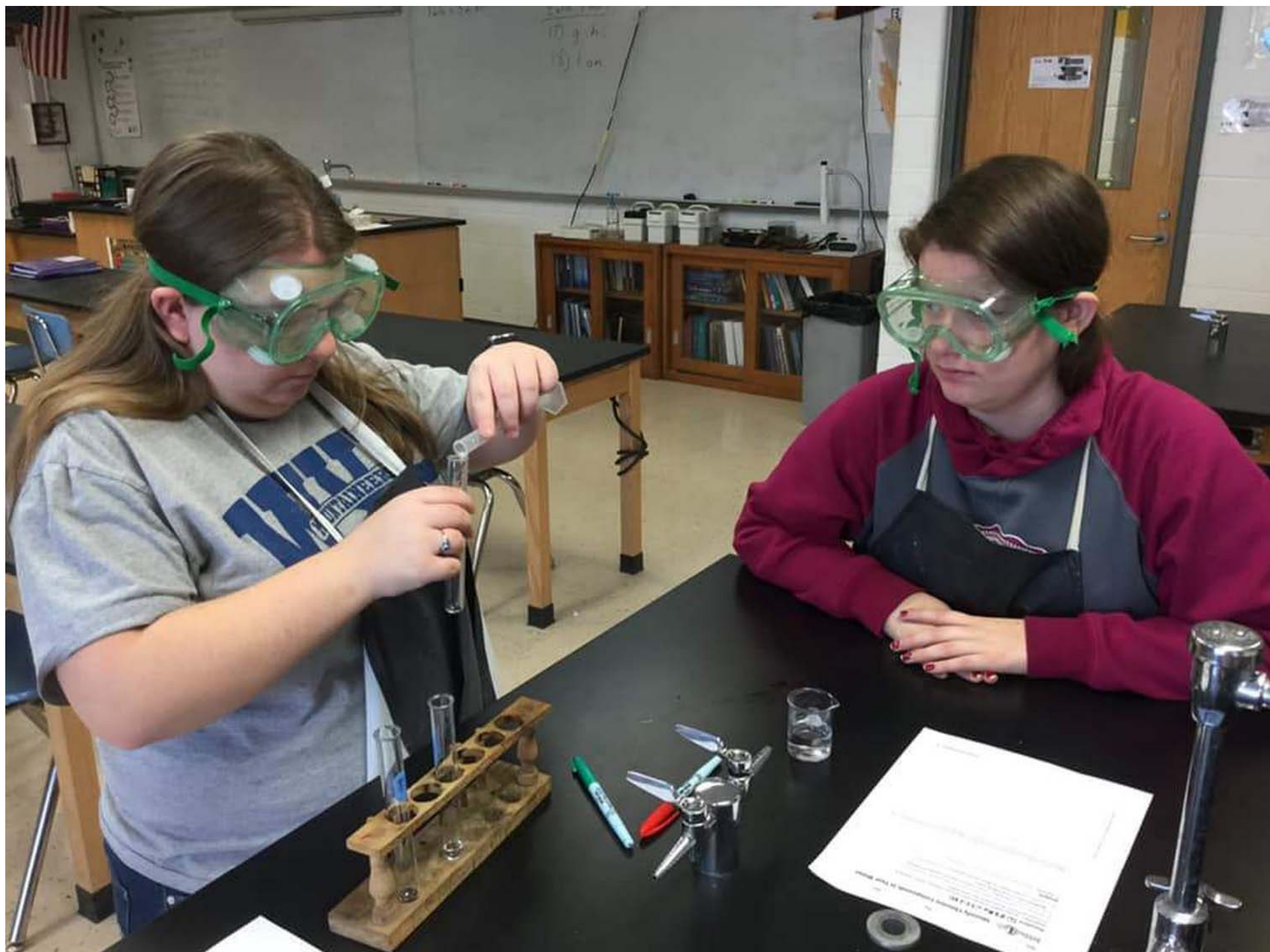
Home Made/Hand Made Items

31 Bags, Scentsy, And more...

****All Proceeds benefit PCHS students in need during the Holiday Season****

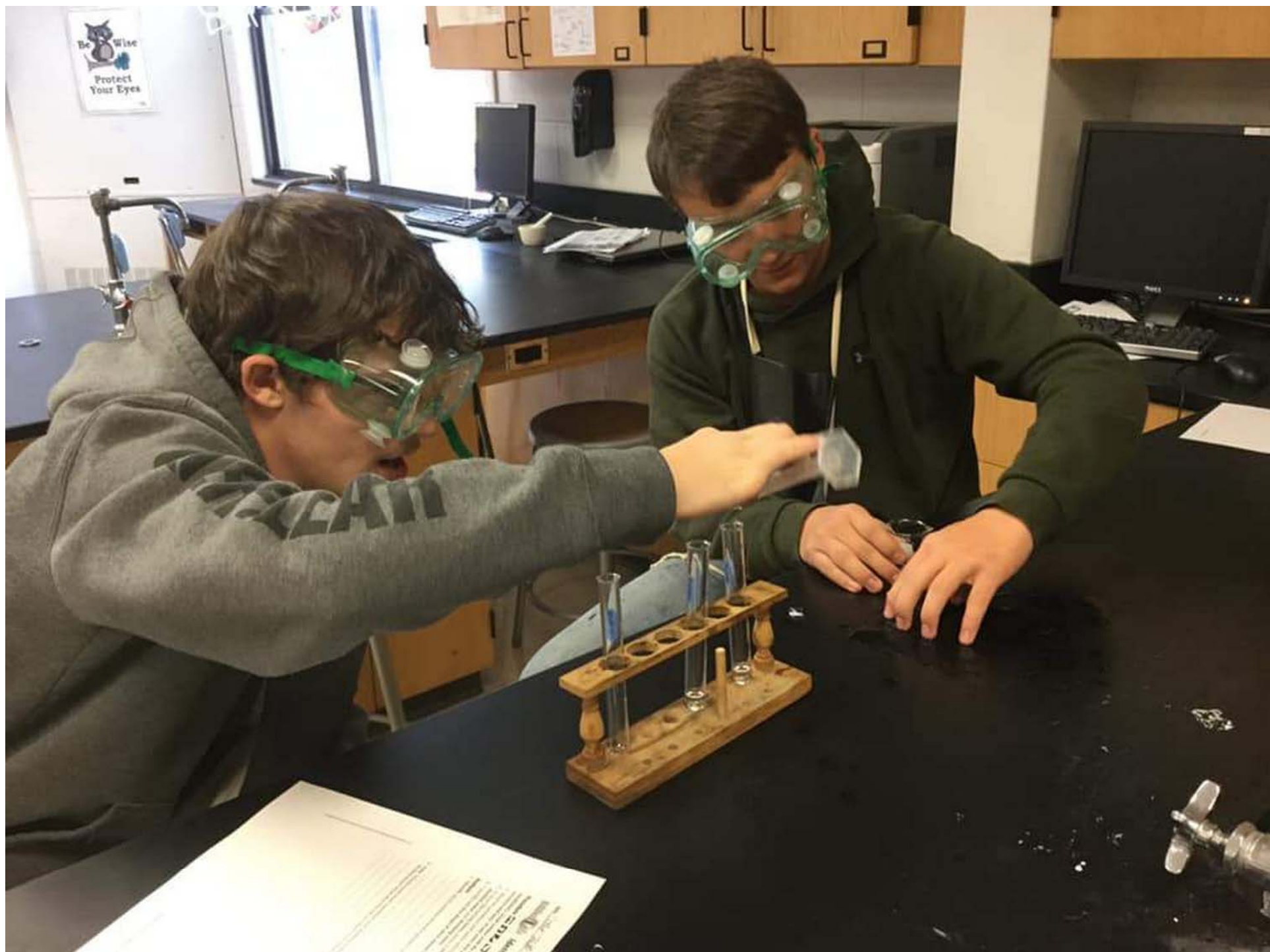
Friday, December 13, 2019

Contact Mrs. Beverage (Counselor) or Mrs. Wilfong (Librarian)
for more information!!!













WARRIOR TERRITORY

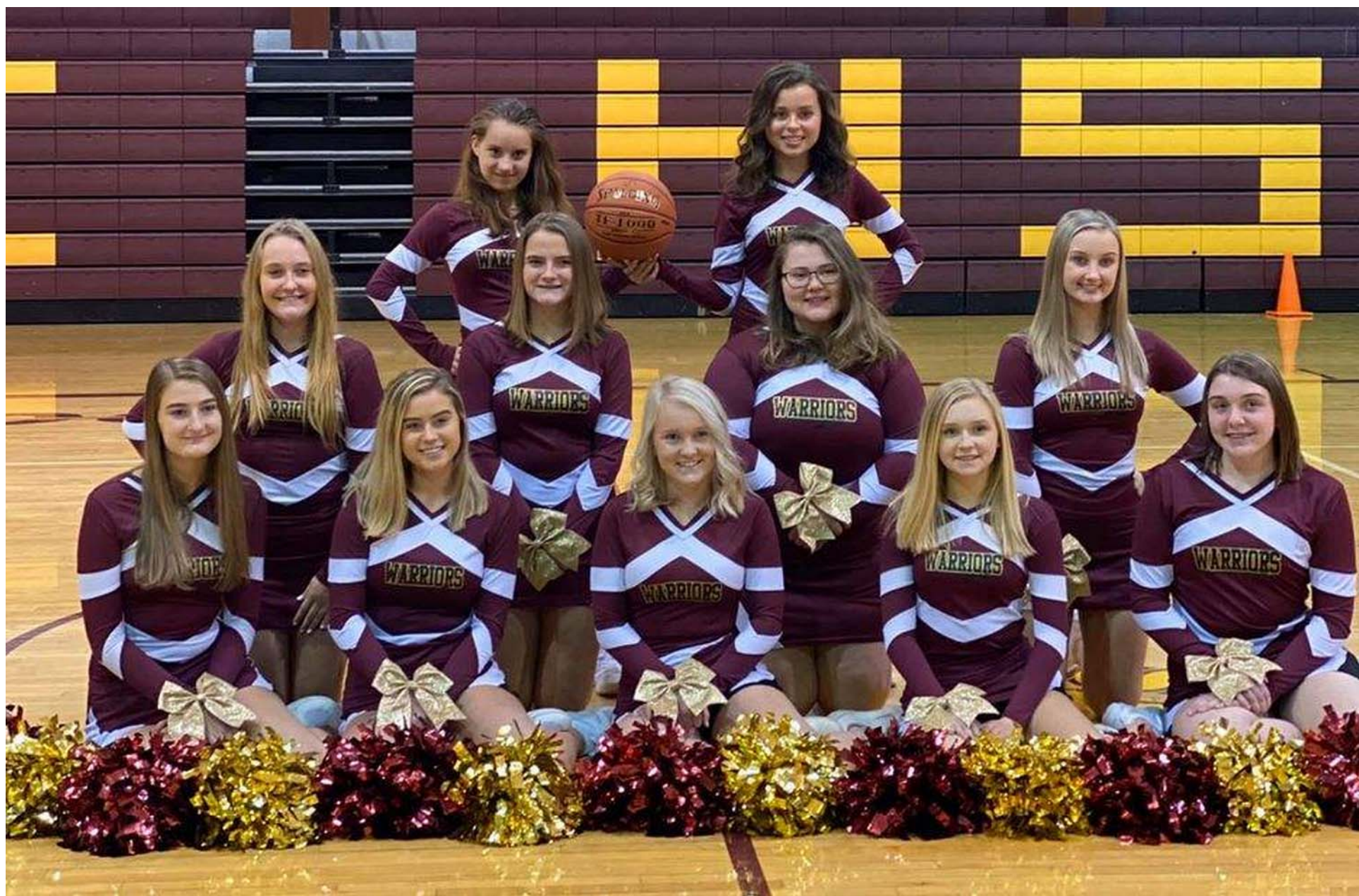
POCAHONTAS COUNTY TRACK RECORDS
LADY WARRIORS

NAME	EVENT	TIME
Michelle Melrose	100 M	14.93
C. Wimbey, Emma	200 M	4:10
Michelle Wilkins	400 M	2:18
Bridget Carroll	800 M	2:19.1
Cheryl Woodruff	1600 M	5:08
Adrienne Nottingham	3200 M	10:39
Adrienne Nottingham	6400 M	21:06
Tasha Conkle	12800 M	42:45
Tasha Conkle	25600 M	1:13.30
Cara Reddy	51200 M	2:00
Laila Calkins	102400 M	4:08
Laila Calkins	204800 M	8:10
Steph Jones	409600 M	16:10
Laila Calkins	819200 M	32:20
Adrian Jones	1638400 M	64:40
Adrian Jones	3276800 M	129:40
Tim J. Adams	6553600 M	259:40

POCAHONTAS COUNTY TRACK RECORDS
BOY WARRIORS

NAME	EVENT	TIME
Albert Pender	100 M	14.93
Jeff Perry	200 M	4:10
Steve Cain	400 M	2:18
Ryan Irvine	800 M	2:19.1
Johnny Bar	1600 M	5:08
David Pater	3200 M	10:39
Randy Pater	6400 M	21:06
Randy Pater	12800 M	42:45
Alan Kilstrom	25600 M	1:13.30
Nathan Kist	51200 M	2:00
Brian Vint	102400 M	4:08
Charley M	204800 M	8:10
Robert Weber	409600 M	16:10
Seelye Taylor	819200 M	32:20
Alan Kilstrom	1638400 M	64:40
Lance C. Kist	3276800 M	129:40
Robert Kist	6553600 M	259:40











NOVEMBER 2019

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3	4	5	6	7	8	9
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DECEMBER 2019

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JANUARY 2020

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FEBRUARY 2020

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**CAMP TWIN CREEKS****1-800-451-8806****www.camptwincreeks.com**

**POCAHONTAS COUNTY
HIGH SCHOOL
WINTER SPORTS 2019-20**

**CAMP TWIN CREEKS****1-800-451-8806****www.camptwincreeks.com**

BOYS' BASKETBALL 2019-20

<u>DATE</u>	<u>OPPONENT</u>	<u>SITE</u>
12/11	MOOREFIELD	HOME
12/13	MIDLAND TRAIL	HOME
12/16	GREENBRIER WEST	HOME
12/20	TUCKER CO.	AWAY
1/3	NEW RIVER CTC INV.	B-RCCC
1/7	RICHWOOD	AWAY
1/10	GREENBRIER WEST	AWAY
1/14	MEADOW BRIDGE	HOME
1/17	HARMAN	AWAY
1/22	TYGARTS VALLEY	HOME
1/24	MIDLAND TRAIL	AWAY
1/27	PENDLETON CO.	HOME
1/29	MOOREFIELD	AWAY
1/31	RIVERSIDE	HOME
2/4	ELKINS	HOME
2/6	MEADOW BRIDGE	AWAY
2/8	RIVERSIDE	AWAY
2/12	TUCKER CO.	HOME
2/18	RICHWOOD	HOME
2/20	PENDLETON CO.	AWAY
2/21	JAMES MONROE	HOME
2/26	TYGARTS VALLEY	AWAY

GIRLS' BASKETBALL 2019-20

<u>DATE</u>	<u>OPPONENT</u>	<u>SITE</u>
12/3	ALLEGHANY	AWAY
12/5	PENDLETON CO.	AWAY
12/10	GREENBRIER WEST	HOME
12/13	TYGARTS VALLEY	AWAY
12/18	RICHWOOD	HOME
12/19	ALLEGHANY	HOME
12/21	SUMMERS CO.	AWAY
12/27	HERBERT HOOVER	P.BURGC
12/28	P.BURG C. OR LIBERTY	P.BURGC
1/3	MIDLAND TRAIL	HOME
1/6	JAMES MONROE	AWAY
1/10	SUMMERS CO.	HOME
1/14	MIDLAND TRAIL	AWAY
1/17	TUCKER CO.	HOME
1/20	GREENBRIER WEST	AWAY
1/28	TUCKER CO.	AWAY
2/1	CHARLESTON CATH.	HOME
2/4	ELKINS	AWAY
2/7	RICHWOOD	AWAY
2/8	PENDLETON CO.	HOME
2/19	TYGARTS VALLEY	HOME

ALL SCHEDULES ARE SUBJECT TO CHANGE

ATTENTION: PCHS Males

On Behalf of the US Selective Service System and US Department of Education:

All males are required to register with the US Selective Service beginning 30 days prior their 18th birthday and extending 30 days thereafter. Late registration is accepted up to the 26th birthday. Failure to register prior to reaching age 26 may result in unfortunate life consequences, including:

- **Ineligibility for employment by the federal government, the U.S. Postal Service, and many state and local governments;**
- **Ineligibility to receive federal and, in some cases, state student aid;**
- **Ineligibility to receive job training under the Workforce Innovation and Opportunity Act;**
- **Ineligibility for security clearances; and**
- **Delay in citizenship proceedings.**

For more information and /or to register:

<https://www.sss.gov/Registration-Info/Who-Registration>

or

Stop by the School Counselor's Office

POCAHONTAS COUNTY SCHOOLS

December Breakfast and Lunch Menu 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Zucchini Bread Cereal Fruit Pizza Applesauce Cup Peas Diced Potatoes	French Toast Sticks Cereal Fruit Chicken Sandwich Lettuce/Tomato/Onion Ketchup/Mustard/Mayo Sweet Potato Fries Mexicali Corn Fruit	Bagel w/Cream Cheese Yogurt Fruit Spaghetti w/Meatballs Garlic Bread Green Beans Mixed Fruit	Sausage Gravy Biscuit Yogurt Fruit Chicken Wrap Lettuce/Tomato/Sour Cream Romaine Salad w/Tomatoes Refried Beans Birthday Cake	Pancakes Cereal Fruit Fish Sticks Scalloped Potatoes Fresh Carrot Sticks Fruit Homemade Rolls
Strudel Yogurt Fruit Ham & Cheese Hoagie Lettuce/Tomato Baked Beans 5 Way Veggies Fruit	Pretzel w/Cheese Cereal Fruit Chicken Pot Pie w/Mixed Vegetables Mashed Potatoes Mixed Fruit Sliced Cucumbers	Homemade Cinnamon Roll Yogurt Fruit Fish Sandwich Lettuce/Tomato Tartar Sauce/Ketchup Sweet Potato Fries Broccoli Salad Fruit	Egg & Cheese Biscuit Cereal Fruit Vegetable Beef Soup Grill Cheese Sandwich Green Beans Sherbet Fruit	Breakfast Burrito Yogurt Fruit Chicken Tenders Macaroni & Cheese California Blend Fruit
Breakfast Pizza Yogurt Fruit Sloppy Joe Oven Fries Carrot Stix Fruit	Sausage Biscuit Cereal Fruit Chicken Fajita w/Green & Red Peppers/Onions Mandarin Oranges Black Beans Salsa/Sour Cream Fruit	Yogurt Fruit Parfait or Strawberry Smoothie Cereal Bacon & Cheese Scrambled Eggs Hash Browns Applesauce Cup Fresh Veggies Biscuit	Blueberry Muffin Cereal Fruit Christmas Dinner Baked Ham Mashed Potatoes w/Gravy Stuffing Broccoli Cheese Rice Casserole Homemade Roll Cooks' Choice Dessert	Cooks' Choice
Professional Learning Day No School for Students	Christmas Break No School	Christmas Day No School	Christmas Break No School	Christmas Break No School
Christmas Break No School	Christmas Break No School			

For breakfast milk and yogurt offered daily.
For lunch milk and fresh fruit offered daily.





Hunters donate deer they've harvested to one of the participating certified meat processors. There, the venison is prepared, ground, and packaged into two-pound bags. Two food banks—Mountaineer Food Bank in Gassaway and Facing Hunger Foodbank in Huntington—make sure the low in fat, protein-packed meat gets into the skillet and onto the tables of those who need it. Those helped include soup kitchens, food pantries, senior centers, and other missions.

Each fall, the Governor's One Shot Hunt also greatly contributes to the money raised and venison gathered. The all-day event includes an antlerless white-tail deer hunt, banquet, and auction. Over the last 12 years, the Governor's One Shot Hunt has donated more than \$700,000 to the Mountaineer Food Bank for HHH.

The 2019 season is the first one where Pocahontas County FFA officially joined the roster of 18 HHH processors across West Virginia. Make no mistake: These butchers may be young, but they bring professionalism and pride to their work.

Lifelong lessons

With deer, Berry says, the meat processing is a tad different, since the animal has to be skinned. By participating in HHH this year, students not only refine their skills with skinning, grinding, and packaging venison but also use those talents to feed folks who need healthy, nutritious meat. "I wouldn't have been able to do this in my other school because we didn't have a meats lab that could be state inspected," Berry says. He came to Pocahontas County six years ago after teaching for more than three decades in the Ohio Valley. "Here, we had the facilities that were ready to be utilized."

Some of the high schoolers might graduate and trade country nights for city lights, but learning the technique behind meat processing ultimately makes them wiser home chefs and consumers. "You know why the chuck is not as tender as the loin. You understand why the round on beef is not as tender as the ribeye," Berry says. It's all those valuable lessons that can perhaps only be appreciated by someone who has sliced and trimmed an animal from head-to-hoof themselves.

"My greatest takeaway is learning the cuts, and then being able to help others," Moyers says. She knows her talents will help her with her family's hogs, or even at her own farm one day. Kinnison agrees, and he's also seen the benefit in the Career Development Events, or competitions, that the Pocahontas County FFA team participates in. "I've done it hands-on so it's a benefit, and other kids out there haven't had that type of experience," he says.

For his part, Berry credits his students' readiness to excel at everything from slicing and dicing meat to communicating with customers. "For 39 years, I've had good kids making me look good. They've done a great job."

And now folks in need all across West Virginia can also appreciate their tasty homework. 🍖



Aliza Carr exhibits a sugar-cured bacon, which was raised by Carr and trimmed and smoked in the meats lab.

to sell pork sausages to teachers and other locals. Meat inspectors review its facility just like any other professional butcher shop. "They're with us from the time we take the animal until the time the last package goes in the freezer," Berry says. But the inspectors don't work solely with Berry. They work with the students. "Our meat inspectors are really happy with the way kids address issues and their customers."

A few students also rise to leadership roles, acting as managers of groups. One such student is senior Kaitlyn Moyers. Her family owns hogs, so taking Berry's classes for three years has helped her learn the different cuts of the animals she has at home. Moyers says she enjoys the opportunity to step up and assist others, too. "I found it a valuable learning process," she says. "If I could learn it, I could help future generations of kids and teach them."

The hands-on experience students get butchering with Berry is a cut above the rest. "A picture doesn't show you everything you can see in person," Moyers says. Jacob Kinnison, a junior at the high school and FFA participant, also sees it as a professional development opportunity. "I might have this as a future career of working in a butcher shop, so I thought I'd take advantage of learning as much as I could," he says.

Even when Berry's students are not breaking down a carcass, they're running a small business. Customers get cut sheets so they can select anything from the portions they want of the animal to how thick they prefer their steaks. For those who don't know chuck

from shank, the students help them decide which slice would best satisfy their cooking needs. Students also mix seasonings like Italian, breakfast, and maple into sausages to dazzle palates.

Learning by heart

Come late autumn, snowflakes gently cascade down onto the West Virginia forest and cover the carpet of dried leaves that have lain there since October. They also coat a hunter's blaze orange vest and cap. Despite the chill, the hunter doesn't move from his perch among the bare branches. The only sign of his presence is a puff of his breath clouding the crisp air.

A crack shatters the silence. He swivels slightly to his right, just in time to catch the buck in his crosshairs. A flash and bang later, the deer is ready to fill bellies in need.

Every year, Hunters Helping the Hungry gives thousands of pounds of venison to families all across West Virginia. As of the 2019 season, the West Virginia Division of Natural Resources has sponsored the program for 28 years and helped facilitate the processing of more than 26,000 deer and more than a million pounds of ground venison.

But HHH is a true labor of love among people and businesses statewide. The DNR is restricted from using revenue from hunter licensing fees to fund the program—those fees have to benefit fish and wildlife programs. So churches, conservation organizations, foundations, and individuals pitch in to make HHH a reality.



School bells chime, sneakers squeak, and lockers slam shut every morning at Pocahontas County High School. Some teenagers settle into their desks, armed with textbooks and pencils for another day of solving quadratic equations and delving into world history. But others file into a more unusual type of classroom. Rather than breaking out the calculators, they're breaking down a hog carcass.

Agriculture teacher Erwin Berry watches over the industrious teens as they cut between the ribs to divide the carcass. They carefully slice away the meat and feed it through a grinder. Soon, that pork will be transformed into tasty sausages. It's just another school day with the Pocahontas County FFA. "Our motto in the FFA is 'Learning to do. Doing to learn. Earning to live. Living to serve.' That spells out the way these kids learn," Berry says. "We apply what we learn to real-life, hands-on situations."

And now those students' learning will help feed those less fortunate. Pocahontas County FFA is one of the first FFAs to participate in Hunters Helping the Hungry (HHH).

Class is in session

In Berry's classes, the beginning lesson of the school year is anatomy. At first glance, the syllabus seems extensive: cattle, hog, lamb, deer, and goat. But, Berry says, they're all mammals, so the basic structures are the same. The differences come when students learn how to execute primal cuts—the pieces that are initially separated from the carcasses—and retail cuts—which are what most of us toss in our grocery store carts or order off of a steakhouse menu. For instance, the loin would be considered a primal cut of beef. Then, from that loin, you might get a decadent T-bone, filet mignon, or Porterhouse steak.

How students learn to distinguish one cut from the next is similar to most classrooms. They study slideshows, watch videos, and spell out the steps on paper. But soon it's pencils down and hands up. Berry gathers locally sourced animal carcasses, and the students tighten their apron strings in the agricultural department's meats lab.

Last year the class took on an even bigger feat. The Pocahontas County FFA received certification through the West Virginia Department of Agriculture

FAKE SKIN | MOUNTAINEER HERITAGE HUNTING SEASON | HERMITAGE OF THE HOLY CROSS

WONDERFUL WEST VIRGINIA



Close

POCAHONTAS COUNTY

Senior Basketball(G) Schedule

Events

1	12/03/19	JV 5:30, V 7:00PM	A	ALLEGHANY,VA H.S.
2	12/05/19	JV 6:15, V 7:30PM	A	PENDLETON COUNTY
3	12/10/19	JV 5:45 V 7:00PM	H	GREENBRIER WEST
4	12/13/19	JV 5:45 V 7:00PM	A	TYGARTS VALLEY MIDDLE/SENIOR HIGH
5	12/18/19	JV 5:45, V 7:00PM	H	RICHWOOD
6	12/19/19	JV 5:45 V 7:00PM	H	ALLEGHANY,VA H.S.
7	12/21/19	JV 5:30 V 7:00PM	A	SUMMERS COUNTY HIGH SCHOOL
8	12/27/19	6:00PM	A	PCHS VS. HERBERT HOOVER @ PARKERSBURG CATHOLIC
9	12/28/19	12:00 or 1:30PM	A	PCHS VS. PARKERSBURG CATHOLIC OR LIBERTY (HARRISON) @ PARKERSBURG CATHOLIC
10	01/03/20	JV 5:45 V 7:00PM	H	MIDLAND TRAIL HIGH SCHOOL
11	01/06/20	JV 5:30 V 7:00PM	A	JAMES MONROE
12	01/10/20	JV 5:45 V 7:00PM	H	SUMMERS COUNTY HIGH SCHOOL
13	01/14/20	JV 5:45 V 7:00PM	A	MIDLAND TRAIL HIGH SCHOOL
14	01/17/20	JV 5:45 V 7:00PM	H	TUCKER COUNTY
15	01/20/20	JV 5:45 V 7:00PM	A	GREENBRIER WEST
16	01/28/20	JV 5:45 V 7:00PM	A	TUCKER COUNTY
17	02/01/20	JV 2:00 V 3:30PM	H	CHARLESTON CATHOLIC
18	02/04/20	JV 5:45 V 7:00PM	A	ELKINS
19	02/07/20	JV 5:45 V 7:00PM	A	RICHWOOD
20	02/08/20	JV 2:00 V 3:30 Pink OutPM	H	PENDLETON COUNTY
21	02/19/20	JV 5:45 V 7:00 Senior NightPM	H	TYGARTS VALLEY MIDDLE/SENIOR HIGH

wins: 0 lost: 0 ties: 0

Close

POCAHONTAS COUNTY

Senior Basketball(B) Schedule

Events

1	12/11/19	JV 5:45 V 7:00PM	H -	MOOREFIELD
2	12/13/19	JV 5:45 V 7:00PM	H -	MIDLAND TRAIL HIGH SCHOOL
3	12/16/19	JV 5:45 V 7:00PM	H -	GREENBRIER WEST
4	12/20/19	JV 5:45 V 7:00PM	A -	TUCKER COUNTY
5	01/02/20	TBAPM	A -	NEW RIVER COMM. AND TECH
6	01/07/20	JV 5:45 V 7:00PM	A -	RICHWOOD
7	01/10/20	JV 5:45 V 7:00PM	A -	GREENBRIER WEST
8	01/14/20	JV 5:45 V 7:00PM	H -	MEADOW BRIDGE HIGH
9	01/17/20	JV 6:00 V 7:00PM	A -	HARMAN
10	01/22/20	JV 5:45 V 7:00PM	H -	TYGARTS VALLEY MIDDLE/S
11	01/24/20	JV 5:45 V 7:00PM	A -	MIDLAND TRAIL HIGH SCHOOL
12	01/27/20	JV 6:15, V 7:30PM	H -	PENDLETON COUNTY
13	01/29/20	JV 6:00 V 7:00PM	A -	MOOREFIELD
14	01/31/20	JV 5:45 V 7:00PM	H -	RIVERSIDE
15	02/04/20	JV 5:45 V 7:00PM	H -	ELKINS
16	02/06/20	JV 5:45 V 7:00PM	A -	MEADOW BRIDGE HIGH
17	02/08/20	JV 2:00 V 4:00PM	A -	RIVERSIDE
18	02/12/20	JV 5:45 V 7:00PM	H -	TUCKER COUNTY
19	02/18/20	JV 5:45 V 7:00PM	H -	RICHWOOD
20	02/20/20	JV 6:15, V 7:30PM	A -	PENDLETON COUNTY
21	02/21/20	JV 5:45 V 7:00 Senior NightPM	H -	JAMES MONROE
22	02/26/20	JV 5:45 V 7:00PM	A -	TYGARTS VALLEY MIDDLE/S

wins: 0 lost: 0 ties: 0

Close

**2019 Elf auction**

DOCX - 13 KB



To Whom It May Concern,

As the Holiday Season is upon us, we would like to take this opportunity to invite you to participate in the 2019 Pocahontas County High School Elf Auction. This year, the event will take place on Friday, December 13 beginning at 12:30. This annual event at PCHS allows students, staff and colleagues to participate in a fun filled auction. Our auctioneer adds to the excitement and fun with his antics, while the participants enjoy a time of laughter, fun and bidding wars. All proceeds go to Project Christmas at PCHS. This is used to provide gift cards for students that may not otherwise have the opportunity to enjoy the Holidays.

As a valued community member, we are inviting you to contribute to this event in one or more ways. You may contribute by donating an item for the auction and/or attending the 2019 Elf Auction. Suggestions for donations include baked items, gift baskets, handcrafted items such as woodworking, season passes and gift certificates to local businesses. We will also gladly accept cash donations!

Our goal for 2019 is to give 100 gift cards. If you have any questions, please contact Linda Beverage or Michelle Wilfong at 304-799-6564. Arrangements can be made to have your donation delivered to PCHS if you are unable to attend. Thank you in advance for helping us make this a memorable Christmas for students at Pocahontas County High School.

Sincerely,

Linda Beverage, Counselor

Michelle Wilfong, Librarian/Media Specialist



BATTLE OF THE CLASSES

October



Sophomores

November



Freshman

































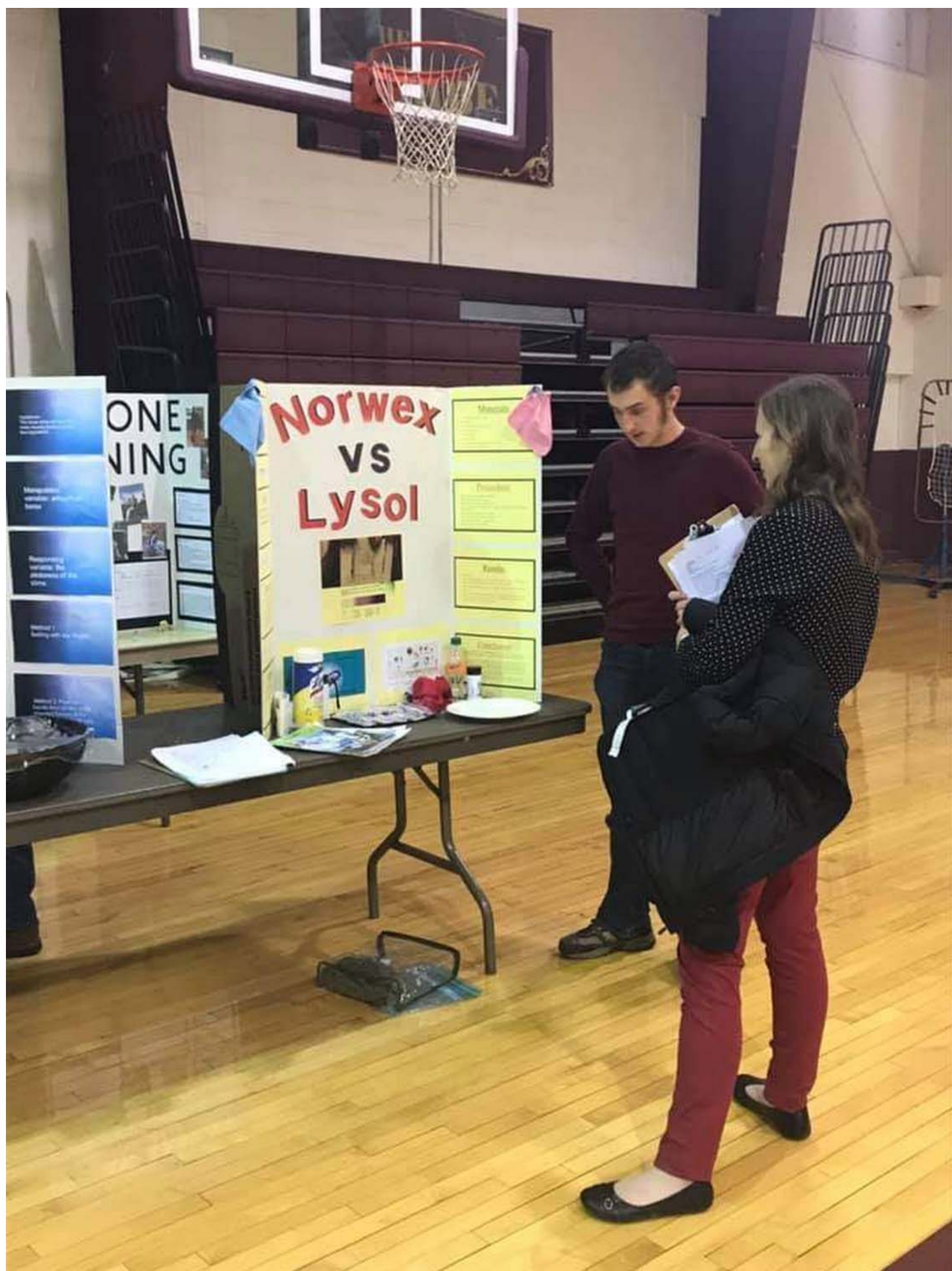






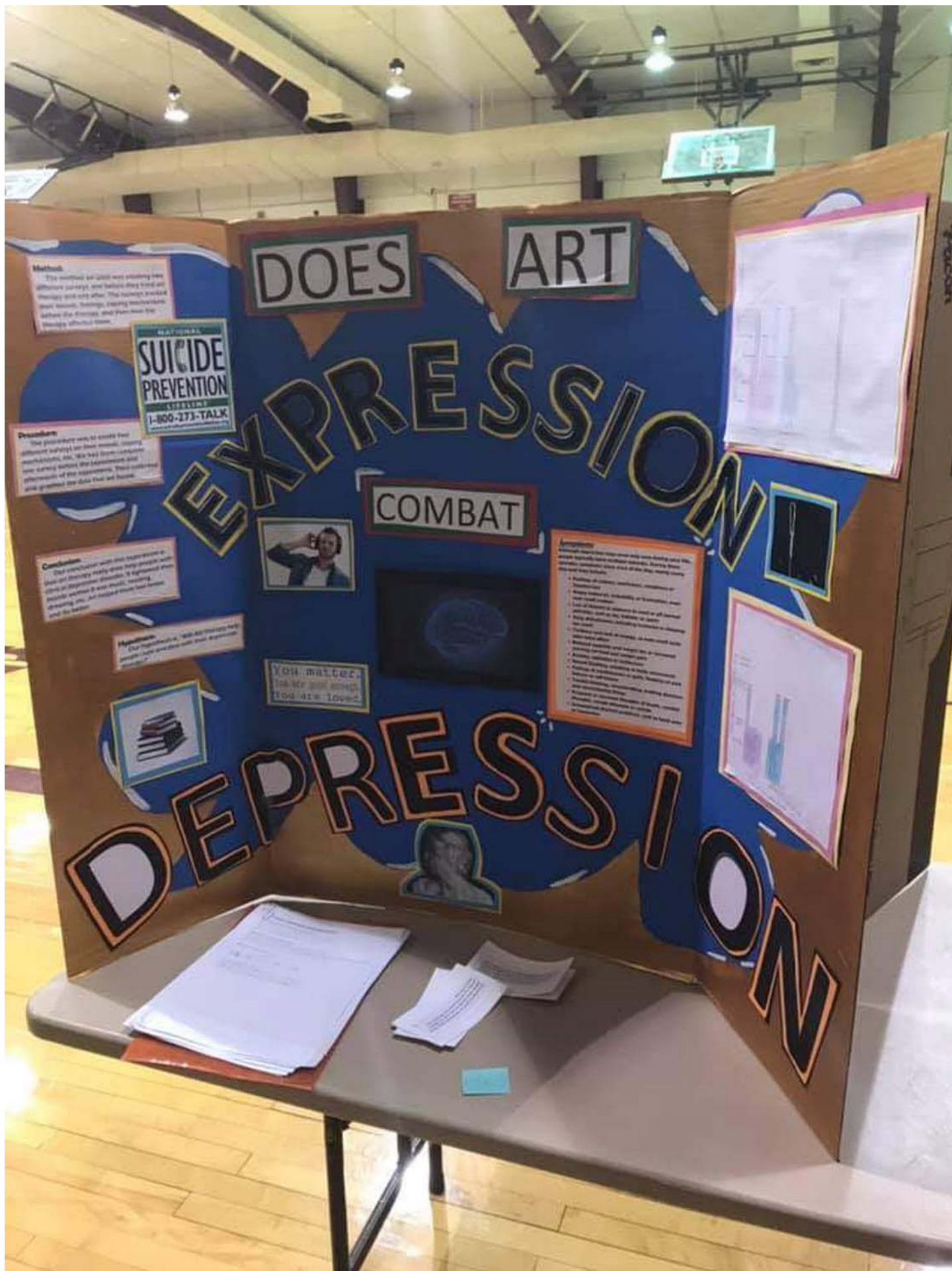












DOES

ART

NATIONAL
SUICIDE
PREVENTION
LIFELINE
1-800-273-TALK

EXPRESSION

COMBAT

DEPRESSION

Method
The method we used was creating two different surveys, one before they tried art therapy and one after. The surveys asked about mood, feelings, coping mechanisms before the therapy, and how those things changed after the therapy.

Problem
The problem was to create two different surveys for their mood, coping mechanisms, etc. We had some concerns about surveying the participants and effectiveness of the experiment. They collected and gathered the data that we found.

Conclusion
Our conclusion was that there was a clear and obvious effect on mood and coping mechanisms after art therapy. We found that people who did art therapy had a better mood and coping mechanisms than those who did not.

Hypothesis
Our hypothesis was that art therapy would help people with depression and anxiety.

YOU matter.
The art you create
you are loved.

Symptoms
Symptoms of depression include feelings of sadness, loss of interest in activities, changes in sleep and appetite, and thoughts of self-harm or suicide. Symptoms of anxiety include feelings of nervousness, worry, and panic attacks.

- Feelings of sadness, loneliness, emptiness or hopelessness
- Changes in sleep, including insomnia or sleeping too much
- Loss of interest in activities that used to be enjoyable
- Changes in appetite, including eating too much or too little
- Thoughts of self-harm or suicide, including suicidal ideation
- Difficulty concentrating
- Irritability or anger
- Fatigue or exhaustion
- Physical symptoms, such as headaches, stomach problems, or changes in weight
- Social withdrawal, including avoiding friends and family
- Difficulty completing tasks or responsibilities
- Thoughts of death or suicide



WE'RE GOING GREEN



The process of the internationalization strategy is a dynamic process. It is not a one-time event, but a continuous process that evolves over time. The internationalization strategy is a dynamic process that evolves over time.



It's not the same as a
great design. It's
going to have an
effect on the
international design
market. It's not.



It is important to understand that the word "disrupt" does not mean to "destroy" or "eliminate." It means to "change" or "transform." It is not about tearing down, but about building up. It is about creating a new, better way of doing things, not just for the sake of change, but for the sake of progress.

[illegible]

Keywords:

1. John Deere's tractor is the focus of the first paragraph and the second sentence.
2. Deere's tractor is the subject of the first sentence, which identifies it as the most advanced tractor.
3. The use of the pronoun *it* allows the author to continue the discussion of the tractor's quality, such as being reliable.
4. John Deere's tractor is the subject of the first sentence.
5. John Deere's tractor is the subject of the first sentence.
6. The pronoun *it* is used to refer to the tractor, which is the subject of the first sentence.
7. The pronoun *it* is used to refer to the tractor, which is the subject of the first sentence.
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Learning the Basics


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Analysing Effects of the Detergents on the waters

1. What is/are the primary objectives of the study, and if there are a number of objectives, how are they related to each other?
2. How is the study designed to achieve the objectives?
3. How is the study designed to achieve the objectives?
4. How is the study designed to achieve the objectives?
5. How is the study designed to achieve the objectives?

Chemicals in Conventional Disinfectants





Paw Preference

Do pets show handedness like human do?

Abstract

Abstract

Abstract

Abstract



Purpose

•To discover the most consistently effective cleanser, and which cleanser removes the most protein.

Question

•Which cleanser removes the most protein, which is the food source of bacteria and germs, from a plate?

Hypothesis

•Out of the two cleansers: Lysol Disinfecting Wipes and the Norwex EnviroCloth, the Norwex EnviroCloth should remove the most protein from a plate.

Variables

•Norwex EnviroCloth
•Lysol Disinfective Wipes

Norwex vs Lysol



Materials

1. Norwex EnviroCloth
2. Lysol
3. Lysol Disinfecting Wipes
4. Food Source
5. Dish Soap
6. Water
7. Paper Towels
8. Paper Plates
9. Test Tubes
10. Pipettes

Procedure

1. Prepare the test tubes and pipettes.
2. Add the food source to the test tubes.
3. Add the cleanser to the test tubes.
4. Mix the solution.
5. Observe the color change.
6. Record the results.

Results

The results of the experiment show that the Norwex EnviroCloth removed more protein from the plate than the Lysol Disinfecting Wipes. This is evident from the color change in the test tubes, where the Norwex solution turned a lighter color, indicating less protein was present.

Conclusion

Based on the results of the experiment, it can be concluded that the Norwex EnviroCloth is more effective at removing protein from a plate than the Lysol Disinfecting Wipes. This suggests that the Norwex EnviroCloth is a better choice for cleaning surfaces where protein is a concern.





On Target



Research

The first thing I noticed when I started to do this was that it was really hard to get the dart to hit the target. I had to try many times before I could get it to hit the target. I also noticed that the dart was really hard to throw. I had to practice a lot before I could get it to hit the target. I also noticed that the dart was really hard to throw. I had to practice a lot before I could get it to hit the target.

Procedure

1. Set up the target.
2. Stand at the starting line.
3. Throw the dart.
4. Record the results.



Conclusion

I think I did pretty well. I was able to get the dart to hit the target. I also noticed that the dart was really hard to throw. I had to practice a lot before I could get it to hit the target. I also noticed that the dart was really hard to throw. I had to practice a lot before I could get it to hit the target.



References

I used the internet to find out more about darts. I also used a book about darts. I also used a book about darts. I also used a book about darts.

ENERGY DRINK

EFFECTS







Pocahontas County Girls Basketball will be selling Red Poinsettias. Cost of each Poinsetta will be \$10.00. Please collect money as you sell. Checks made payable to PCHS- Girls Basketball. Orders and Money will be collected on Nov. 22, 2019 at practice. I will get a tentative number on Monday Nov. 18. Please try hard this week to sell as many as you can!! Anticipated delivery date for Poinsettias to be picked up at PCHS is Dec. 6. Thanks in advance for your hard work in selling!!

[illegible]

Boys A/AA Region 3 all region teams

1st Team

Kolton Alderman -Striker

2nd Team

Jacob Davis - Striker

Timmy Sparks - Mid field

Bryson Cassell - Defender

Girls

1st Team

Kira Bircher - Striker

Laila Calhoun - Striker

Savannah McMillion - mid field

2nd Team

Macaden Taylor - Defense

Sienna Bircher - Goalie

All State Honors

Boys

Honorable Mention All State

Kolton Alderman

Girls

2nd Team All State

Savannah McMillion

Honorable Mention

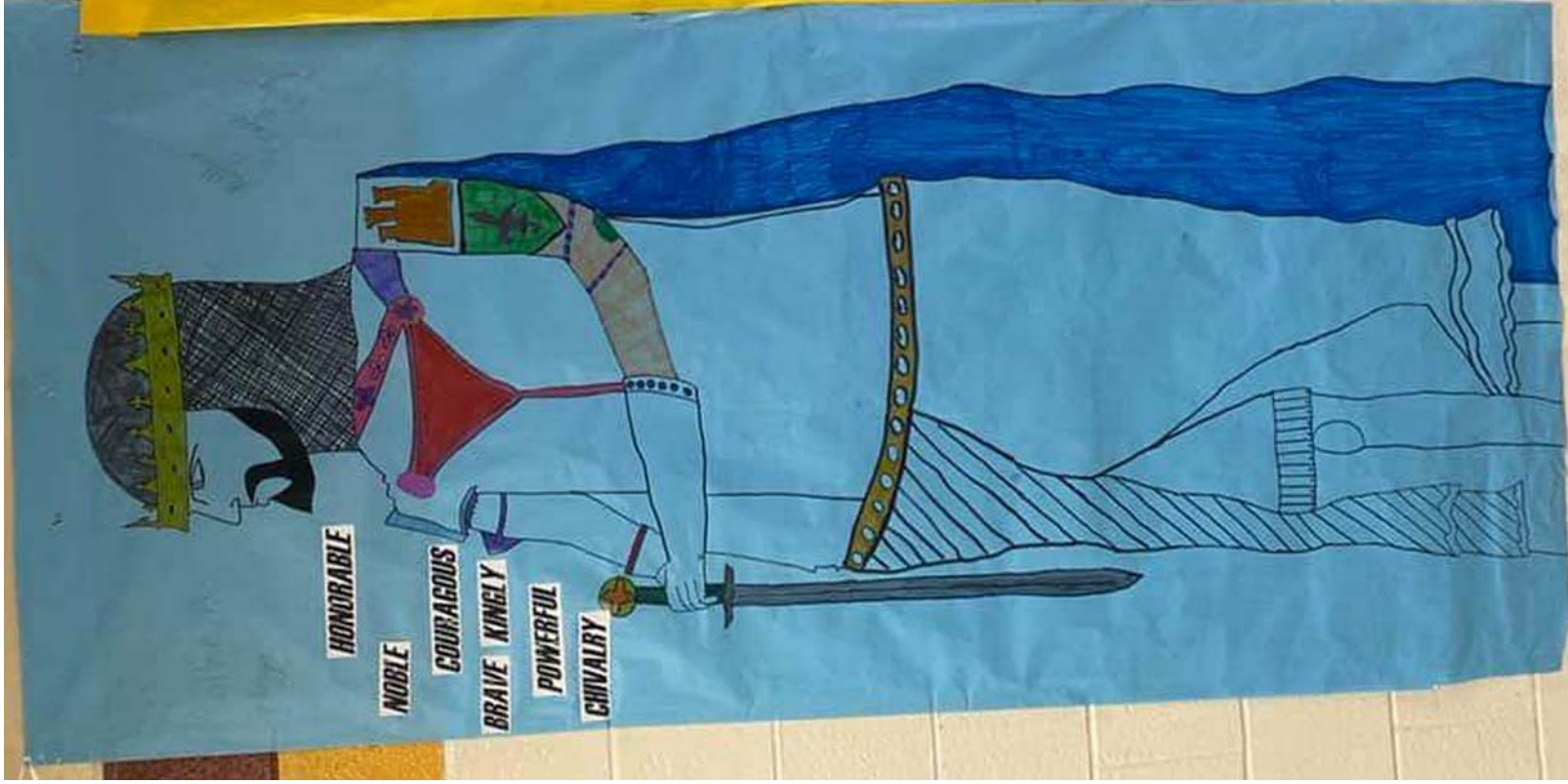
Kira Bircher

Laila Calhoun

**THANK YOU
VETERANS**















WARRIOR TERRITORY



SOUTHERN COUNTY TICKET RECORDS	
LAST	
1997-1998	1000
1998-1999	1000
1999-2000	1000
2000-2001	1000
2001-2002	1000
2002-2003	1000
2003-2004	1000
2004-2005	1000
2005-2006	1000
2006-2007	1000
2007-2008	1000
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2016-2017	1000
2017-2018	1000
2018-2019	1000
2019-2020	1000
2020-2021	1000
2021-2022	1000
2022-2023	1000
2023-2024	1000
2024-2025	1000

POCAHONTAS COUNTY TRACK RECORDS	
TICKETS	
1997-1998	1000
1998-1999	1000
1999-2000	1000
2000-2001	1000
2001-2002	1000
2002-2003	1000
2003-2004	1000
2004-2005	1000
2005-2006	1000
2006-2007	1000
2007-2008	1000
2008-2009	1000
2009-2010	1000
2010-2011	1000
2011-2012	1000
2012-2013	1000
2013-2014	1000
2014-2015	1000
2015-2016	1000
2016-2017	1000
2017-2018	1000
2018-2019	1000
2019-2020	1000
2020-2021	1000
2021-2022	1000
2022-2023	1000
2023-2024	1000
2024-2025	1000



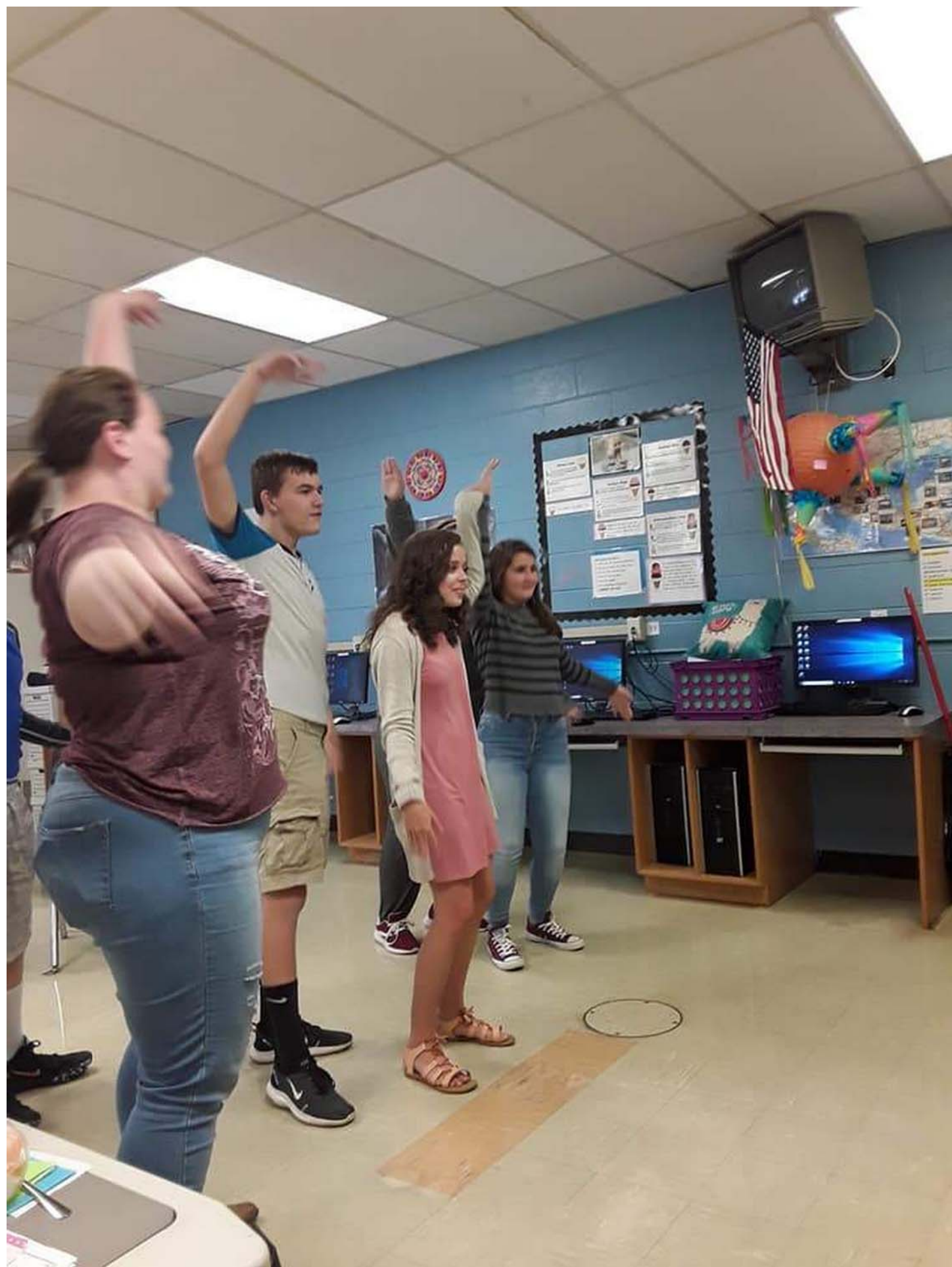






















YOU'RE INVITED TO

THE Snow Ball

This is a formal dance for all students grades 9th – 12th

Tickets will be available for purchase during lunch starting NOVEMBER 4th

Ticket Prices: \$10 per person

**Saturday
December
14th**

**7-10pm at
Opera House**

**Pickett
Fence will
take pictures**

Prayer Locker

**Write your prayer
request on the paper
provided and put it
through this
locker slot.**

We will be happy to pray for you.
You do not have to give your name
and all prayer requests will remain
confidential.

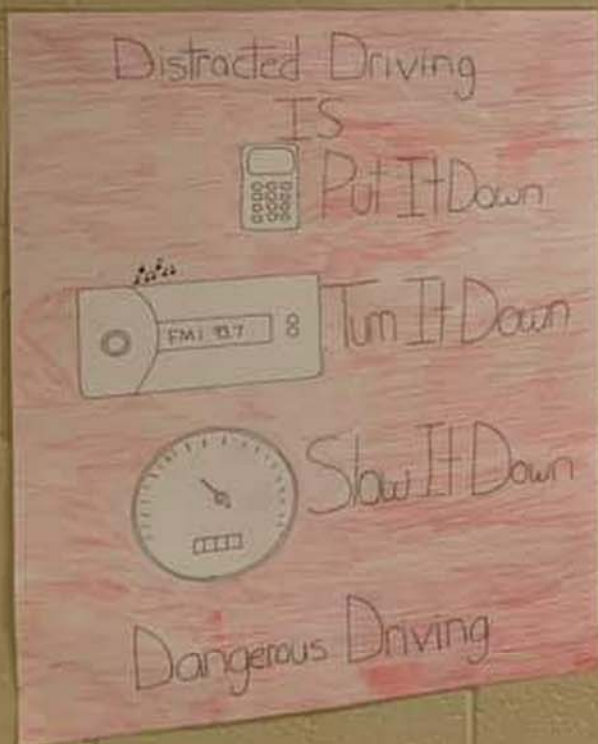
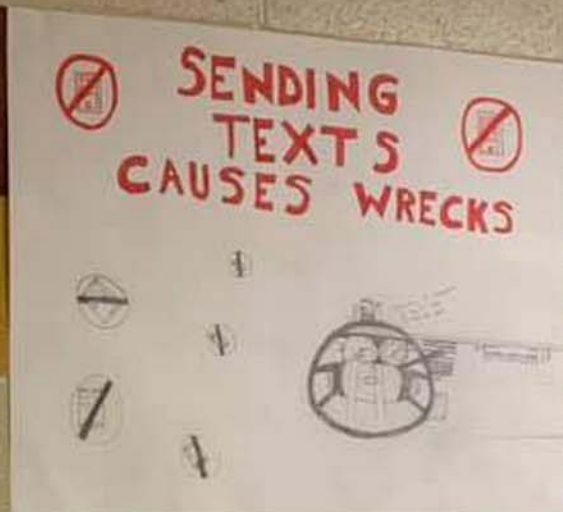
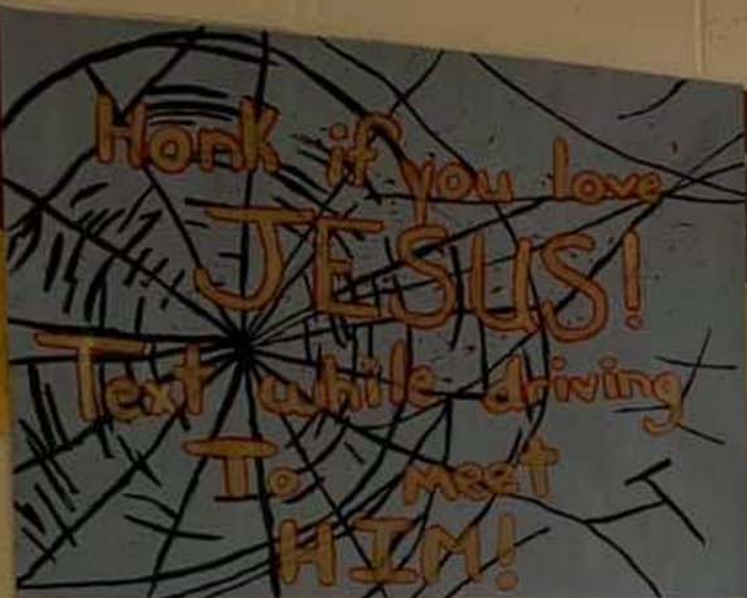
Sponsored by FCA: PCHS HUDDLE



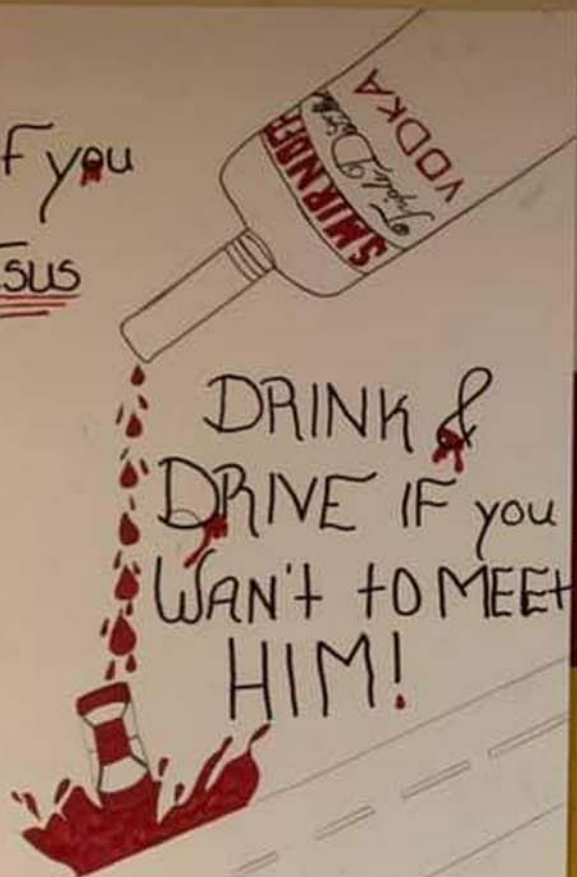
POCAHONTAS COUNTY SCHOOLS
November Breakfast and Lunch Menu 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				¹ Whole grain bagel w/cream cheese Cereal fruit Tomato Soup Grill Cheese Broccoli Fruit Cookie
⁻⁴ Sausage pancake Whole grain cereal Fruit Chicken Sandwich Tomato/lettuce/onion Peas Applesauce cups Romaine w/vinaigrette	⁵ Colby cheese omelet Whole grain cereal Fruit Beef Burrito w/whole grain tortilla wrap Lettuce/tomato/salsa Broccoli Beans Mixed fruit	⁶ Fresh fruit cup Yogurt Whole grain cereal Lasagna Green beans Mixed Fruit Roll	⁷ Breakfast sausage pizza Whole grain cereal Fruit Hot Ham and cheese on whole grain bagel Sweet Potato Fries Corn Fruit	⁸ Yogurt fruit parfait Whole grain cereal Popcorn Chicken Carrots California Medley Fruit Cookie
¹¹ Veteran's Day Holiday No School	¹² Egg and cheese wrap Whole grain cereal Fresh fruit Cheeseburger Bake beans Fresh fruit Birthday Cake	¹³ Blueberry muffin Whole grain cereal Fruit Chicken Caesar Romaine Salad Sweet Potato Fries Carrots Sliced Apples with soy nut butter	¹⁴ French Toast Stix Whole grain Cereal Fruit Salisbury Steak Green beans Mash Potatoes Roll Fruit	¹⁵ Homemade Cinnamon Rolls Whole grain Cereal Fruit Chicken Nuggets Parmesan Broccoli French fries Fruit
¹⁸ Egg and cheese Biscuit Whole grain cereal Fruit Meatball Hoagie California Blend Tator tots Fruit	¹⁹ Yogurt w/ granola Whole grain cereal fruit Chicken Chimichanga Carrots Sweet Potato fries Mixed fruit	²⁰ Egg cheese ham wrap Whole grain cereal Fruit Chili Bake potato Parmesan Broccoli Applesauce cup Cornbread Crackers	²¹ Banana Bread Whole grain cereal Fruit Turkey Mashed potatoes w/gravy Green beans Roll Cooks' choice dessert	²² Cooks' Choice Breakfast and Lunch!
²⁵ Thanksgiving Break No School	²⁶ Thanksgiving Break No School	²⁷ Thanksgiving Break No School	²⁸ Thanksgiving Day Holiday No School	²⁹ Thanksgiving Break No School





HONK IF you
LOVE Jesus



DISTRACTED DRIVING

A people are
from distracted
driving is bad

account for
25% of all motor
crash fatalities

While I'm at it
I'll just say something
I keep thinking is important
about



DON'T DRINK and

DRIVE



DISTRACTED DRIVING

ONE CALL OR TEXT

COULD END IT ALL

It Can
Wait



*you put everyone
in danger,
when you have
road anger!*

• 66% of traffic fatalities
are caused by aggressive
driving

• almost 30 murders are
linked to road rage each year

• victims of road rage
often become aggressive
themselves

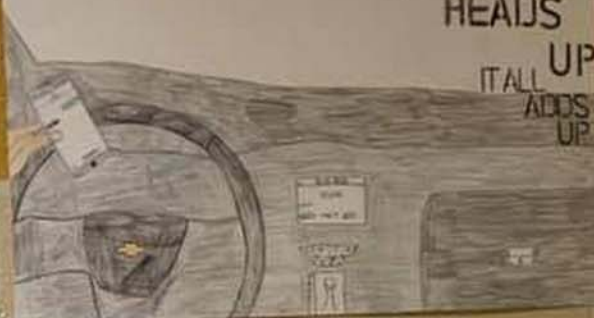
DONT
DRIVE DRUNK
IT IS NOT A



BUCKLE
UP

HANG
UP

HEADS
UP
IT ALL
ADDS
UP



DONT DRINK
and
Drive



The clock will
Keep Ticking But
Your Heart
Won't



ROAD
RAGE
DONT DRIVE AGGRESSIVELY
BE UNDERSTANDING IF A
DRIVER CAUSES A PROBLEM





It Can
Wait





LEAVE IT **UNREAD**
OR END UP **DEAD**

It's More
Than Just A
TICKET,

It's  $\frac{1}{5}$ 

Your



LIFE

Don't Drink And Drive...
your



First Sip
Could Be your Last!

DRUNK DRIVING



Alcohol & A
wheel gon'
get ya

Killed

Over 65% of all fatal single car crashes
are alcohol related.

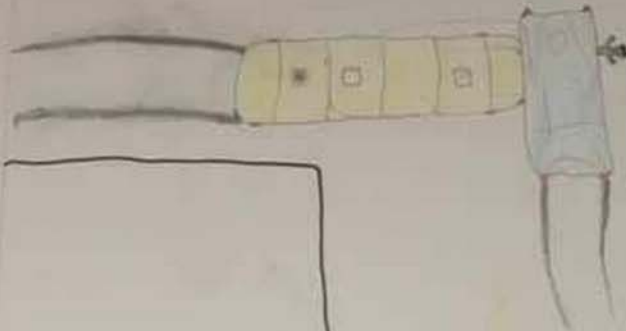
If
the
your
you're feeling
RAGE
check
GAUGE

66%



DONT
MAKE
A
FUSS

STOP
FOR
THE
BUS







































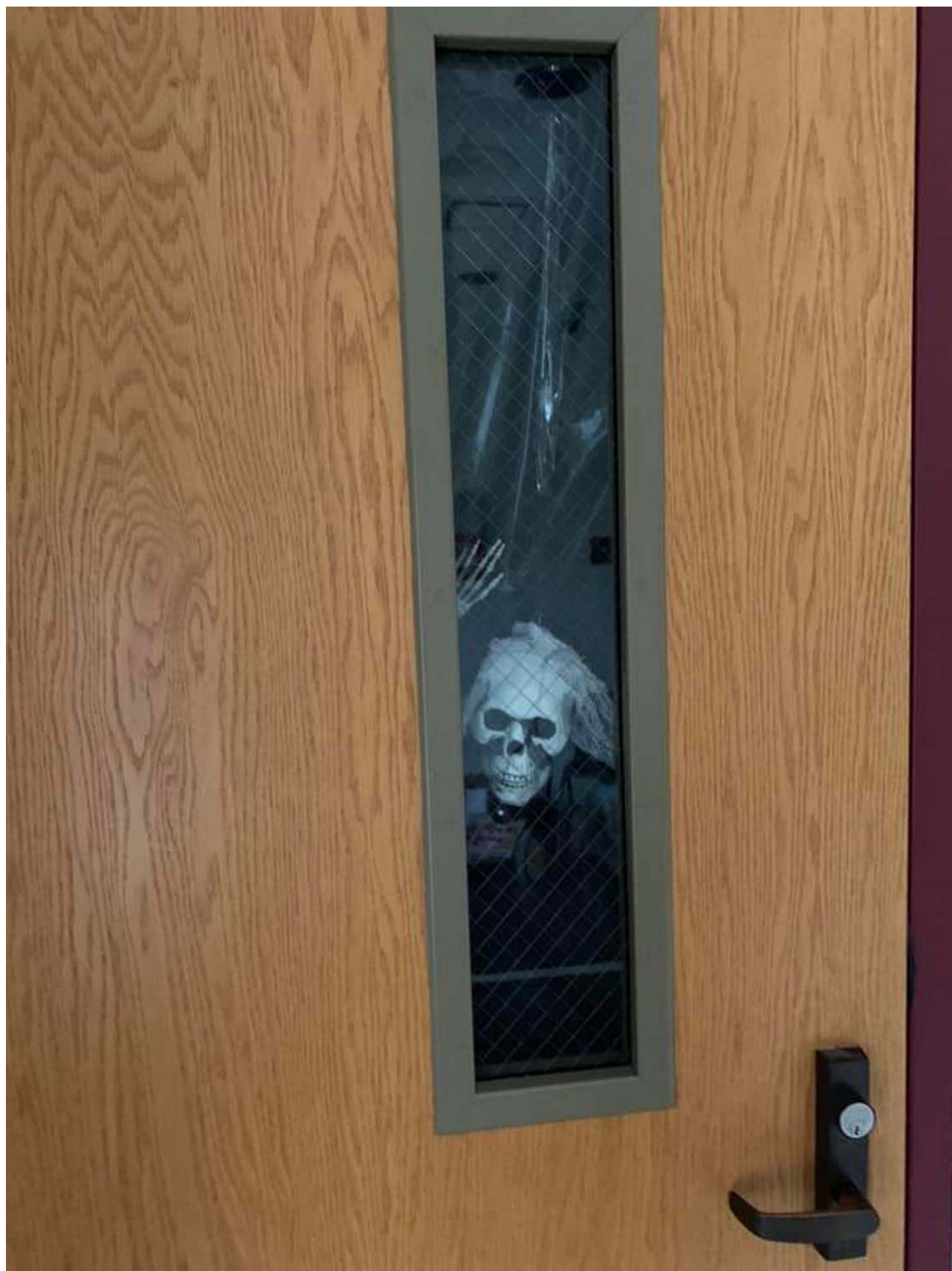














PIC•COLLAGE

BATTLE OF THE CLASSES





















































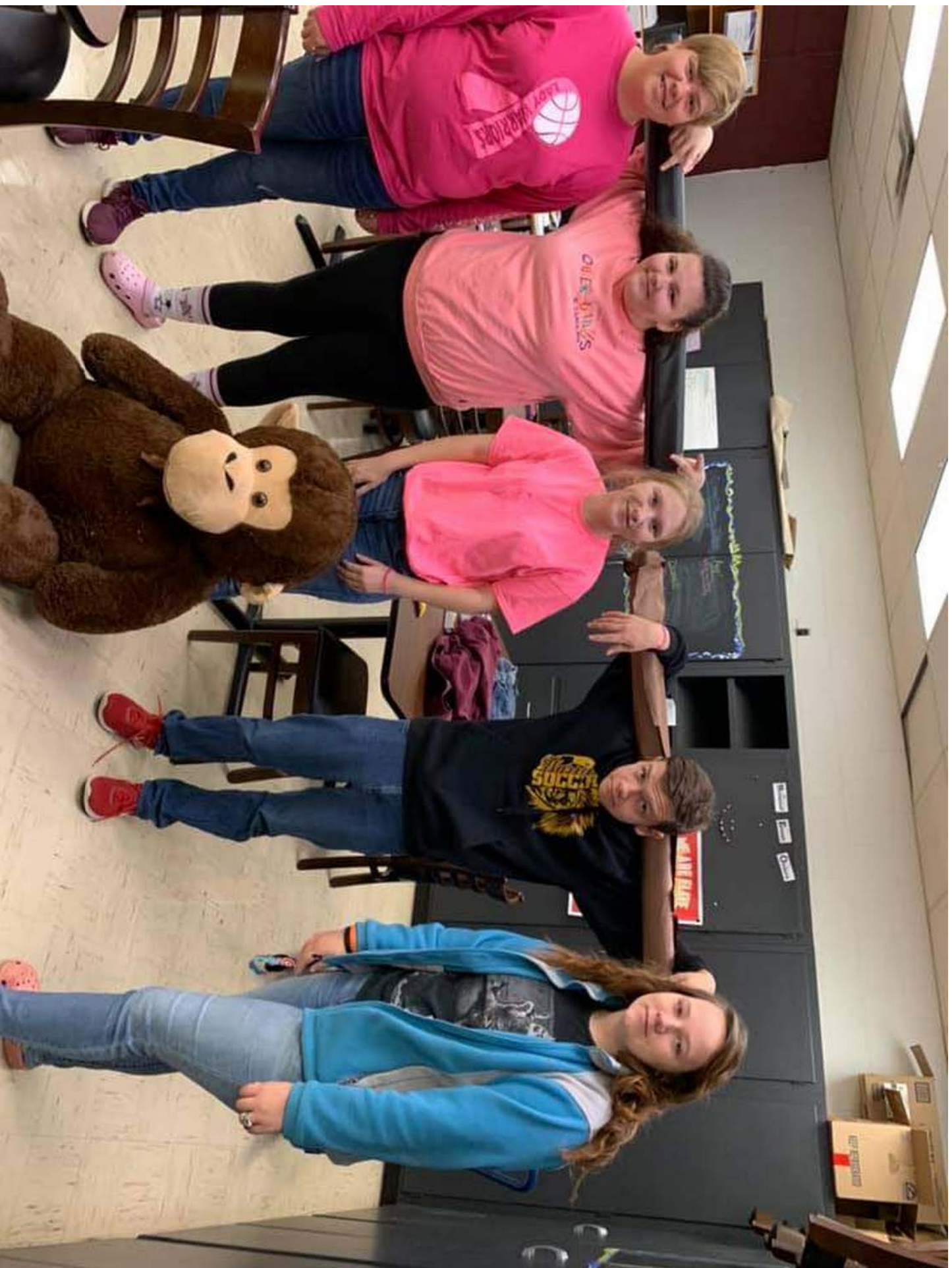






















LEAVES

ARE

FALLING

AUTUMN'S

CALLING







RIP
MR. BROWN
Do NOT
OPEN!!!

RIP
SAMANTHA
HAMMONS

RIP
MAX
ERVINE

RIP
DAPHNE
HILLEARY

RIP
DAVID
GIBB

RIP
BRADY
HANNAH

RIP
ETHAN
HAMRECK

RIP
Makenna
McKenney

RIP
KOLBY
FRIEL

WELCOME
TO

Ms
Mason's

22
NUT
PRIDE
RACHEL
ALLYSON
HOUSE
ETHAN
JULY
HAYMAH
LA



**TRICK OR
TREAT**



**SMELL
OUR
FEET!**















Nacota

Mrs. Martin

Isabella

Bessa

Mason

Natalyn

Hobbes

Leo

Sara

Haley

The 8 little Pumpkins!



GABE Amende TALISA Wathon
Virginia Madison Melinda Grace

96

EL INGLÉS



COMPUTER LAB

BE

AFRAID

CRIME SCENE - DO NOT CROSS

CRIME SCENE - DO NOT CROSS

CROSS

CRIME SCENE - DO NOT CROSS

CRIME SCENE - DO NOT CROSS

CRIME SCENE - DO NOT CROSS

CRIME SCENE - DO NOT CROSS

CRIME SCENE - DO NOT CROSS

CRIME SCENE - DO NOT CROSS

CRIME SCENE - DO NOT CROSS

CRIME SCENE - DO NOT CROSS





LIBRARY

LA BIBLIOTECA

MEDIA CENTER

**WE'RE
POPPIN**

**INTO
FALL**









LAS CIENCIAS



What's
brewing in
Ms. Curran's
class?

Class of
2020

W
A
R
R
I
O
R
S





POCAHONTAS CO. HIGH SCHOOL
HOME OF THE WARRIORS!



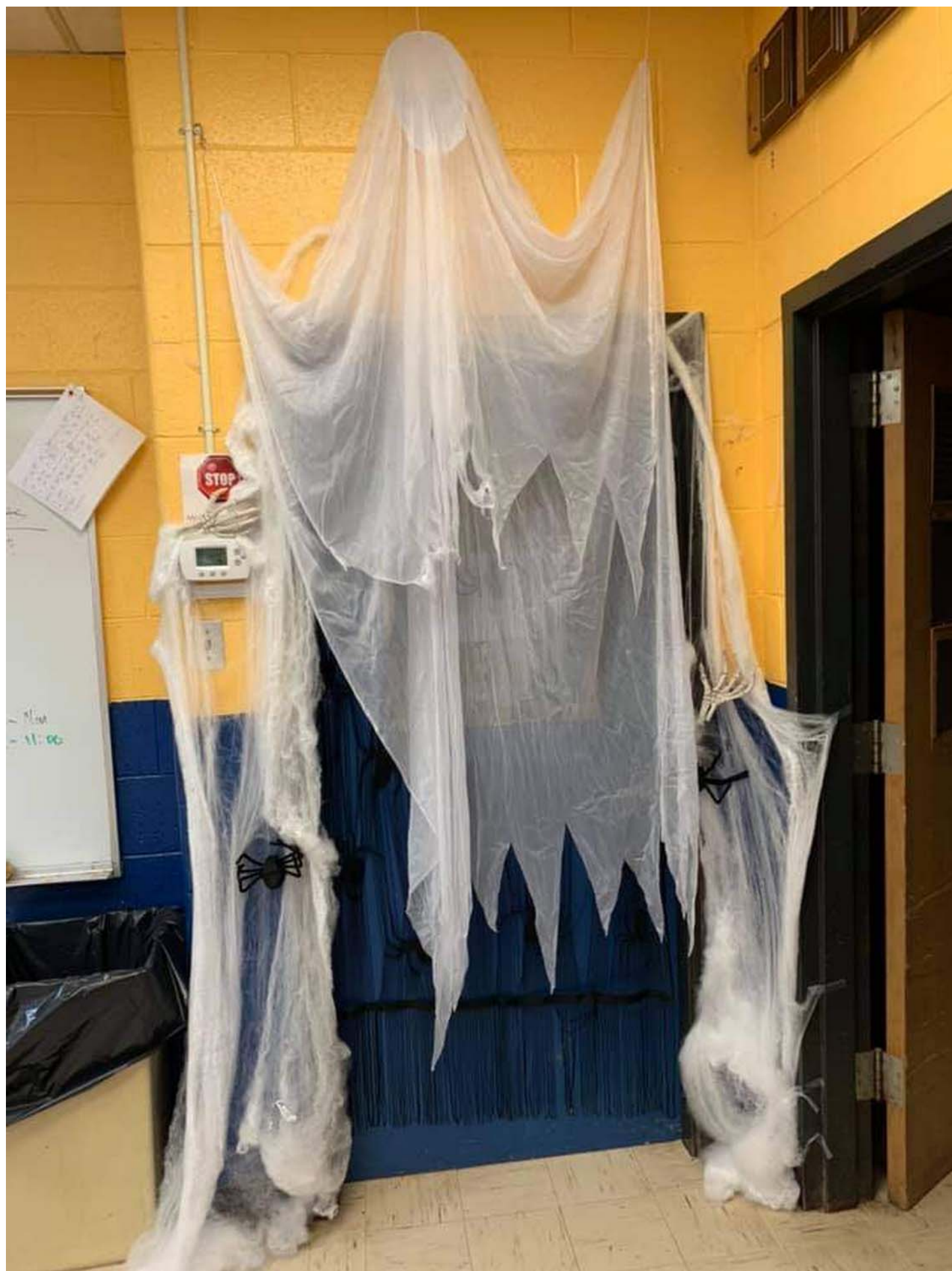
Kenzie



1300















Pink out

Friday

Oct 25, 2019

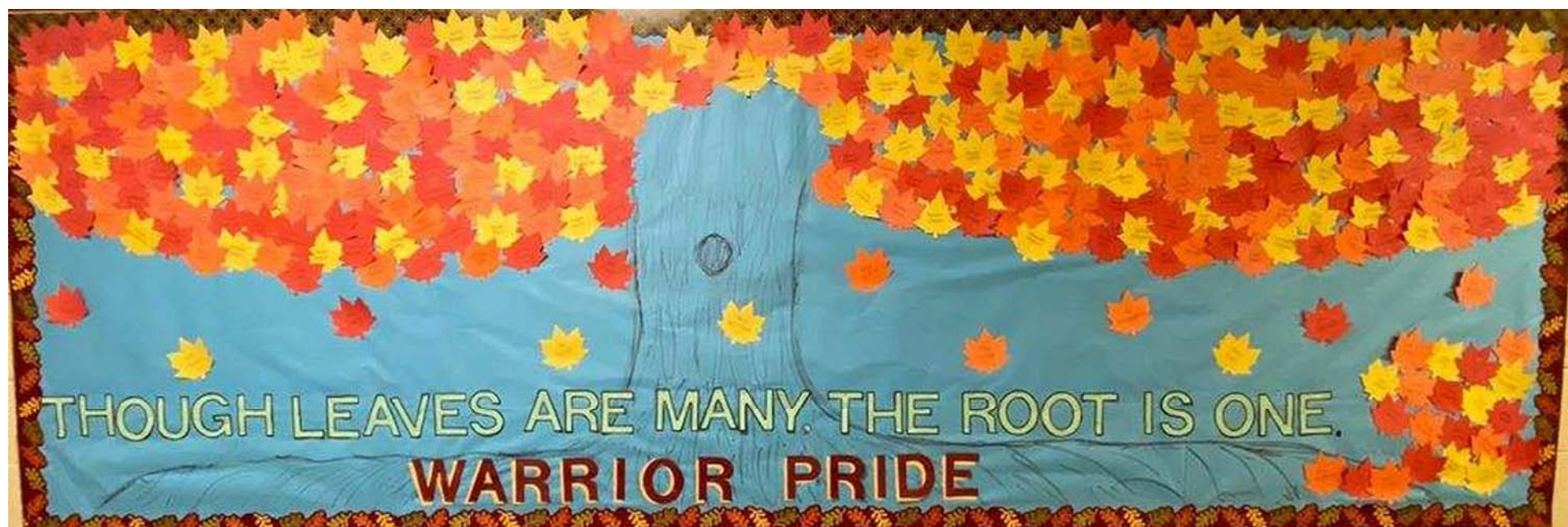
Wear your pink to support Breast Cancer Awareness and help your class win the 1st battle of the classes.

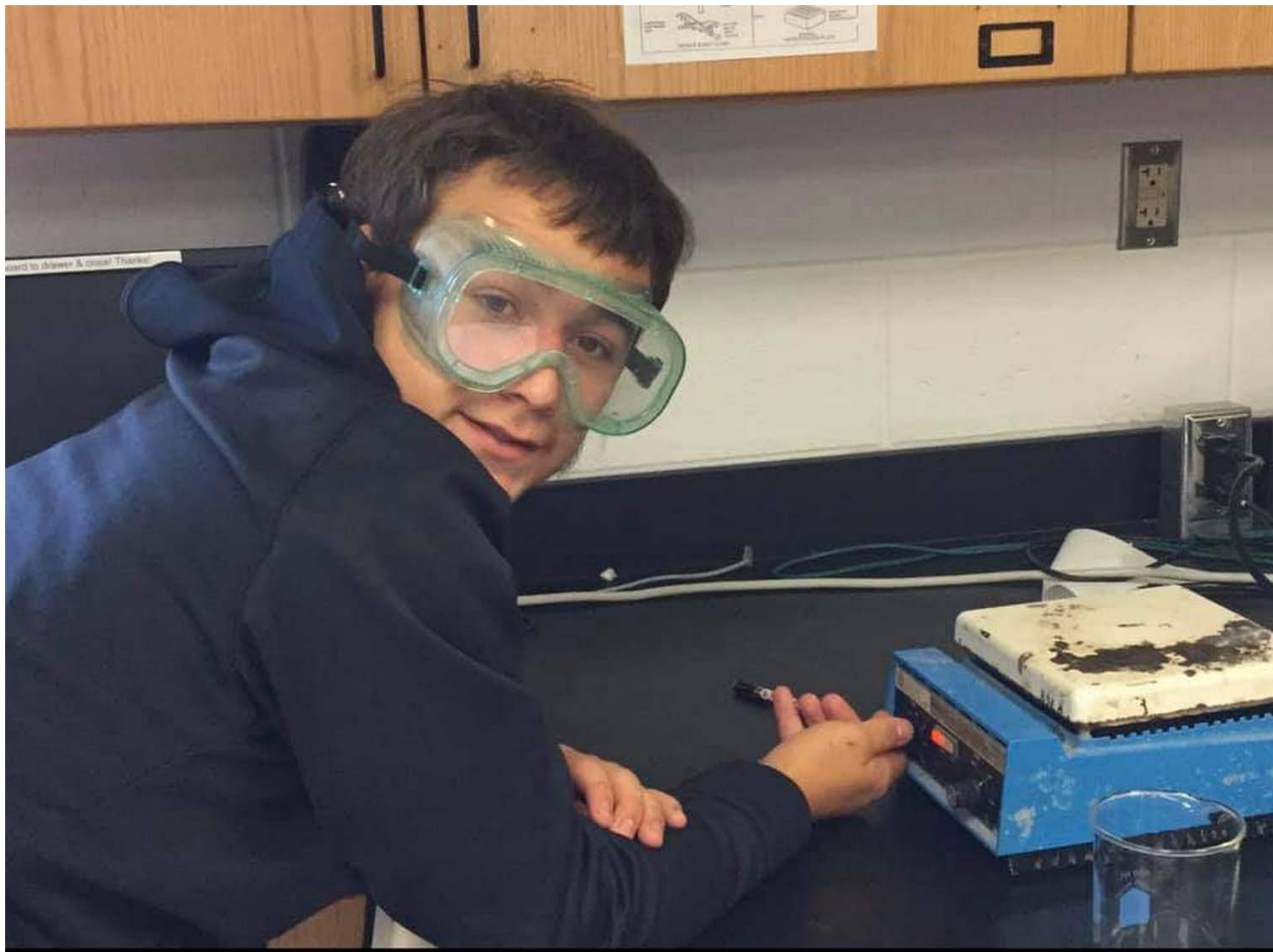


Supporting the *fighters*
Admiring the *Survivors*
Honoring the *taken*
and never, ever giving up
hope

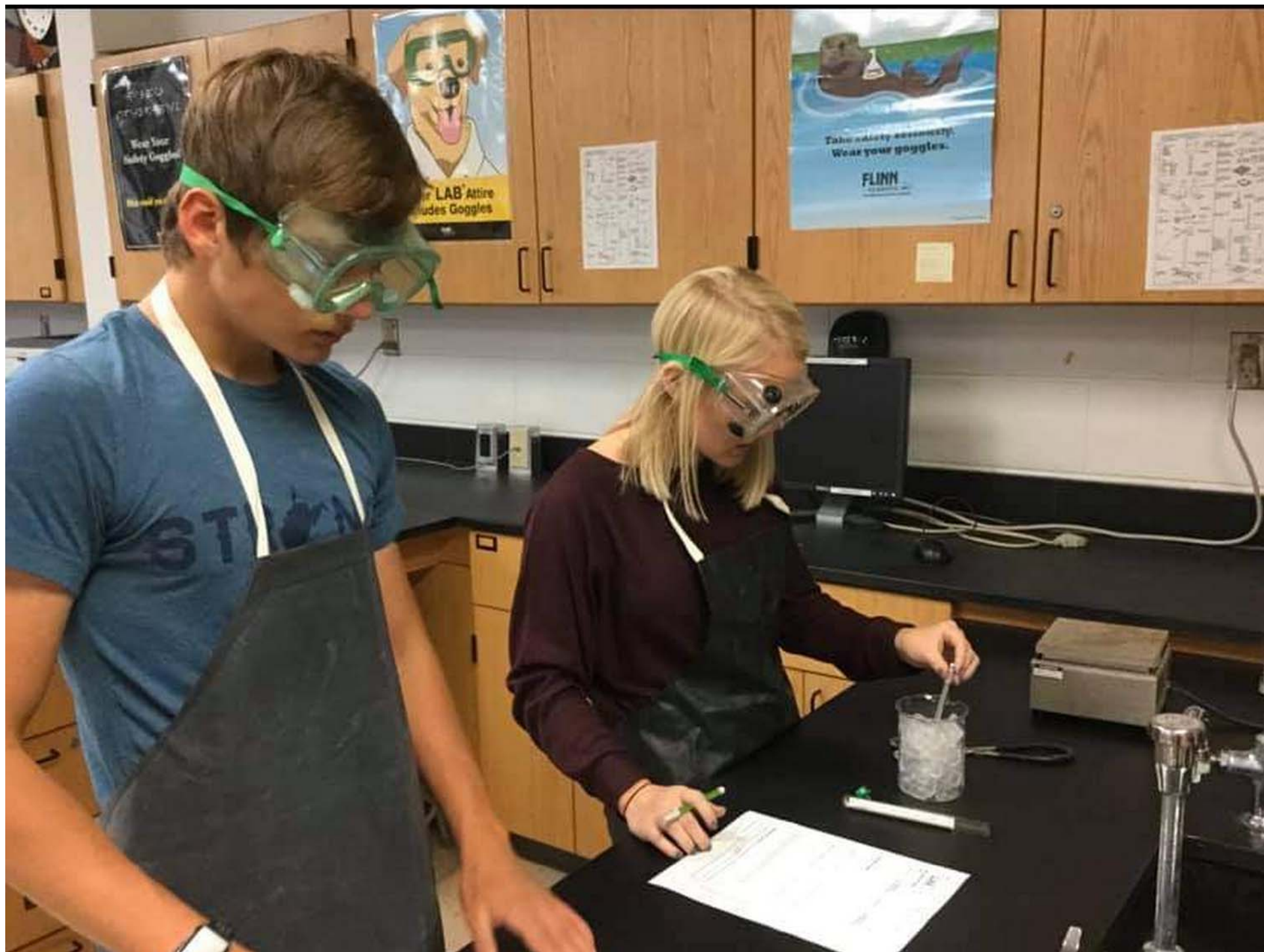
Happy
Boss's
Day



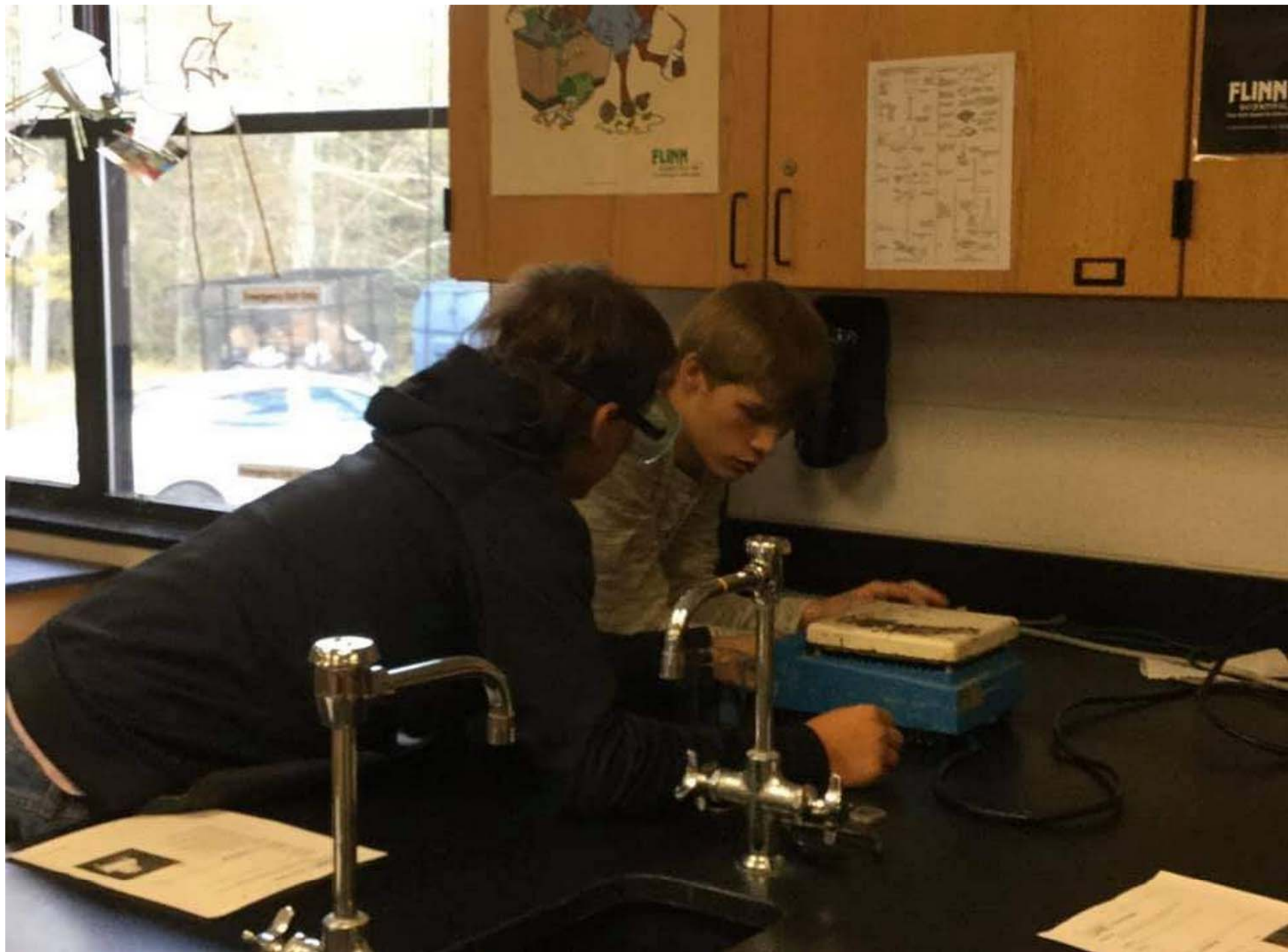














Pocahontas County High School
271 Warrior Way
Dunmore, WV 24934
304-766-6565



**Pocahontas County High School
Photo Permission OPT Out Form**

Throughout the year, PCHS students participate in activities, events or projects in which we want to showcase the students. The students may be photographed or videotaped in order to do this.

Please fill this form out ONLY if you DO NOT want your child's picture used!

Please return by October 22, 2019. If we do not receive this form back by that date, we will assume your child can be photographed.

Student Name: _____

Homeroom Teacher: _____

Grade: _____

In school displays - including but not limited to: bulletin boards, class-made books, or student multimedia projects; students may be identified by first and last name.

School Facebook Page - including but not limited to main pages, class pages, or special events taking place at school or outside of school. Students may be identified at times by first name only.

Parent

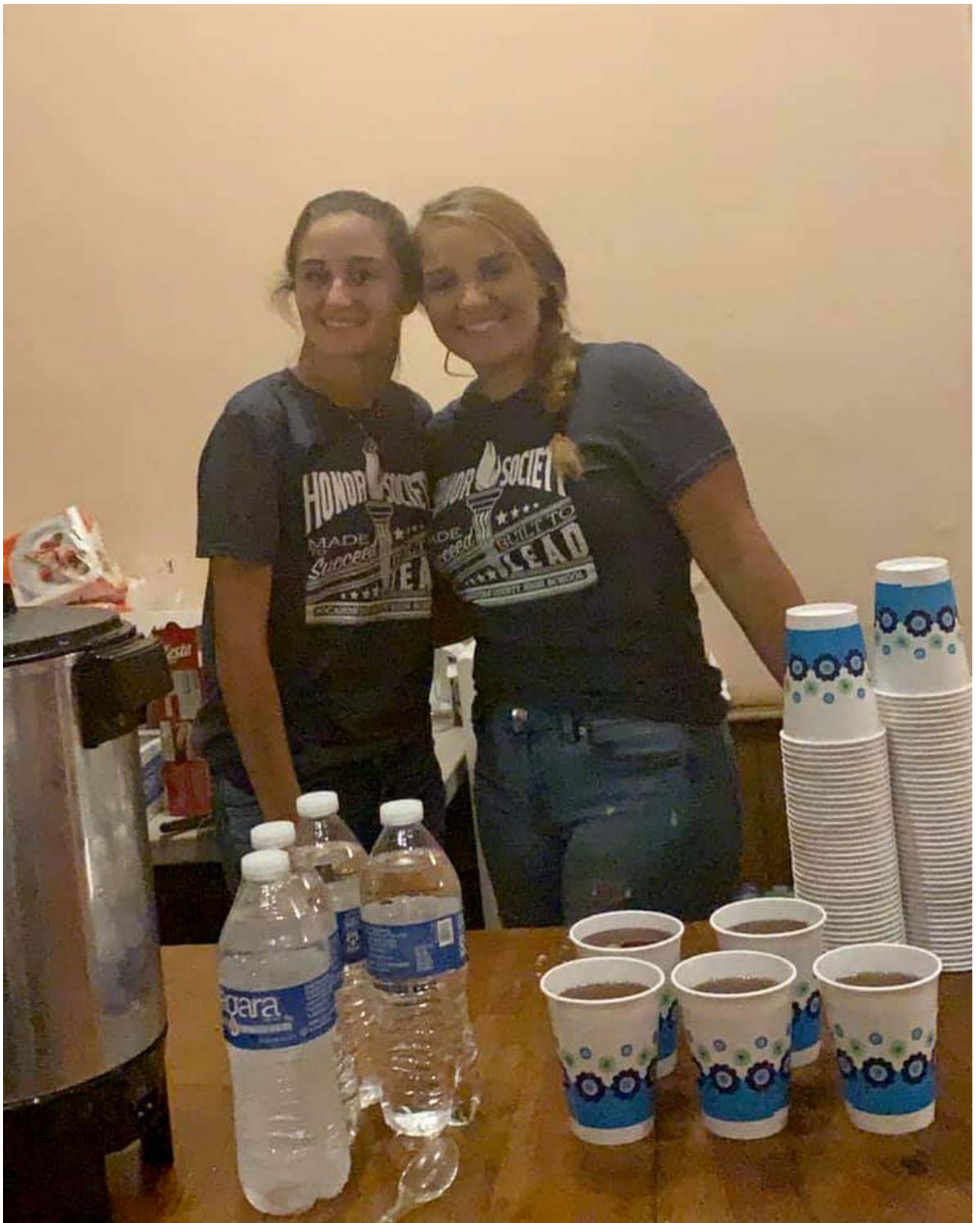
Signature: _____

Date: _____











7:37



Shannon Arbogast ▶ **PCHS
Warrior Soccer**



🛡️ **Admin** · 27 mins · 👤

**Practice has been been
cancelled due to the
weather.**



Like



Comment

Pocahontas County High School
271 Warrior Way
Dunmore, WV 24934
304-766-6565



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Parent

Signature: _____

Date: _____

Yeti Raffle:

3 Chances to WIN!!

For PCHS Junior Class \$5 for 1 or \$20 for 5

3 drawings on 10/31/19

Items:

1st - White Yeti cooler

2nd - 2 20 oz. cups (purple & black)

3rd - Yeti lunch bag

Winners will be contacted through given information.

NAME: _____

PHONE #: _____

SELLER: _____





Pink out

Friday

Oct 25, 2019

Wear your pink to support Breast Cancer Awareness and help your class win the 1st battle of the classes.



Supporting the *fighters*
Admiring the *Survivors*
Honoring the *taken*
and never, ever giving up
hope

Pocahontas County HS Letterman Jacket Order Form



Starter Package

☐ Vinyl Sleeves

School name and mascot on back (Chenille)

Name and year date embroidered on front

Vinyl trimmed pockets

Varsity Package

Leather Sleeves

☐ School name and mascot on back (Chenille)

Name and year date embroidered on front

Leather trimmed pockets

\$199

\$249

Sizing Chart

X-Small (30-32) 2X-Large (50-52)
Small (34-36) 3X-Large (54-56)
Medium (38-40) 4X-Large (58-60)
Large (42-44) 5X-Large (62-64)
X-Large (46-48) 4X or 5X Add \$40

Jacket Personalization:

Jacket Size _____

Name (Front) _____

Grad Year _____

Add School Letter (Add \$20) ☐

Jacket Add-On Options:

Sport / Activity Back Bottom (Add \$ 25) _____

Left Sleeve Patch (Add \$15 each) _____

Right Sleeve Patch (Add \$15 each) _____

*** Write in Sport or Activity. They'll pick patch at order table.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Cell: _____

Email: _____

Jacket Price:	
Add-On:	
S/H:	\$9.95
Subtotal:	
Add 6% Tax:	
Total:	
Amount Paid:	
Balance Due:	

Cash Check Visa M/C Discover AMEX

Card Number: _____

Exp Date: ____ / ____ Code on Back: _____

Amount Paid: _____ Check #: _____

** Minimum \$150 deposit or paid in full to Order. November 1st is deadline for guaranteed Pre-Christmas delivery.

** Jackets take approximately 6 weeks for delivery. Jackets are non-refundable because of personalization.

Mail jacket order forms to: Jostens Po Box 920 Scott Depot, WV 25560 (681)235-3138





Citrus Sale 2019

DOCX - 580 KB



Frontier FFA Annual Fruit Sale 2013

2019

Last Day of Sale: Friday, November 21, 2019

Fruit Delivered week of December 2, 2019

Pocahontas
FFA Fruit

Sale	Variety	Full Box Price	Half Box Price
Florida Navel Oranges		\$31	\$16
California Navel Oranges		35	18
California Mandarin Oranges (10# bag)			20
Grapefruit		30	16
Hamlin Oranges (Juice Oranges)		26	14
Red Delicious Apples (WV grown)		23	12
Gold Apples (WV grown)		23	12
Fuji Apples (WV grown)		23	12
Granny Smith Apples (WV Grown)		23	12
Trios (navel/grft/red del)		25	
Mixed (navel/grft)			15
Fruit Basket			20
Pears (Anjou, 45 ct., tissue wrapped)			27
Summer Sausage Regular			5
Summer Sausage Jalapeno and Cheese			5

Checks made out to Pocahontas County FFA

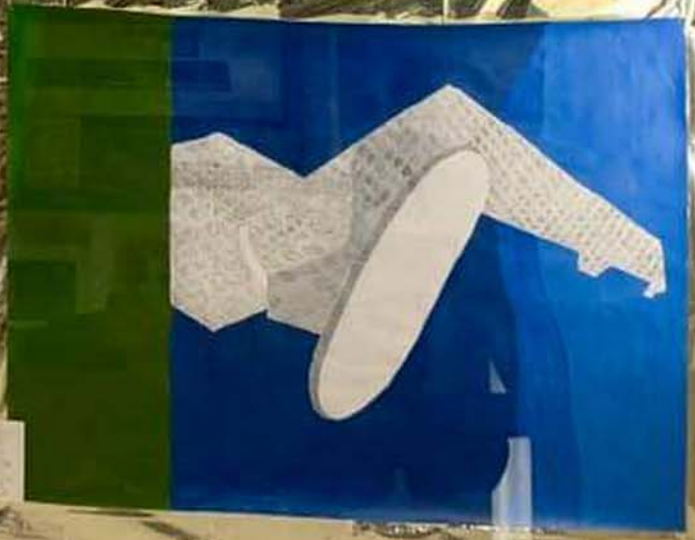
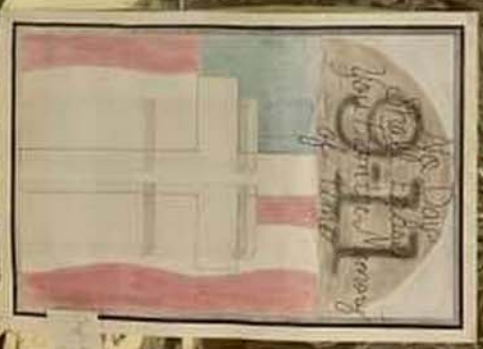
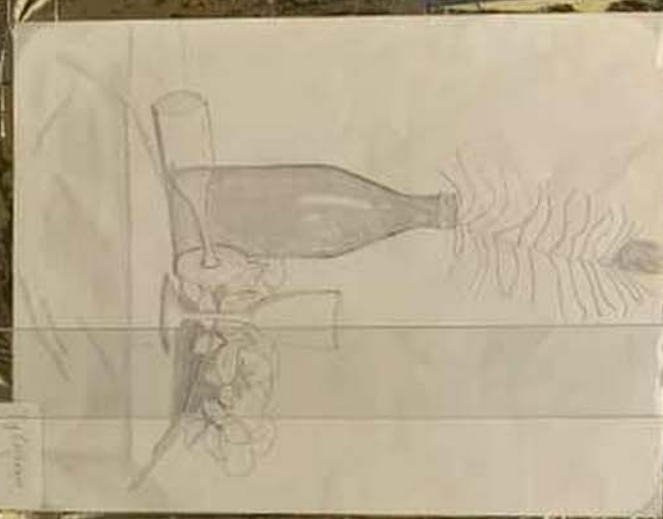
Citrus sold in 4/5 bushel boxes that weigh about 42 lbs.**Mandarin Oranges sold in 10# bags****Apples sold in bushel boxes that weigh 50 lbs.**

Citrus is US #1 grade Apples are Extra Fancy

Questions? Call us at **304-799-6564***FFA members get credits toward FFA educational trips for every box sold.*

Open Word







Anna Lee



Kyle Foster



Tyler Foster



William Miller

Rebecca Vaughan



James Nelson



Tracy Cochran



Tracy Cochran

Tracy Cochran





William Miller

Rebecca Vaughan



James Nelson



Tracy Cochran



Tracy Cochran

Tracy Cochran

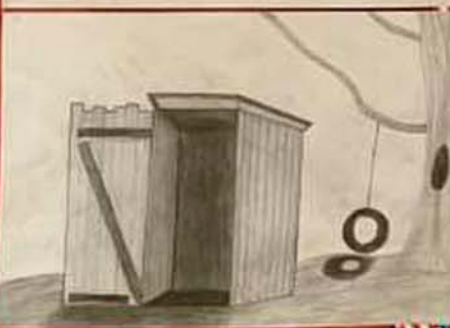




OCTOBER



OCTOBER





Door Judging Dates and Themes

October 25th – Halloween/Fall

December 13th – Christmas/Winter

February 21st – Valentine's Day

April 24th – Spring/Summer

Dress up days for the year

October 25th – Pink Out

November 22nd – Red, White, and Blue

December 10th – Socks/Bling

December 11th – Red/Santa

December 12th – Green/Grinch

December 13th – Holiday Sweater

January 31st – College/ Pro

February 21st – Maroon and Gold

March 27th – Hawaiian

April 24th – Class Color



YOU'RE INVITED TO

THE Snow Ball

This is a formal dance for all students grades 9th – 12th

Tickets will be available for purchase during lunch starting NOVEMBER 4th

Ticket Prices: \$15 per person

**Saturday
December
14th**

**7-10pm at
Opera House**

**Pickett
Fence will
take pictures**





Run ✓ You can do it
Forest Run

DO-NUT
STOP





GO You Don't
Got Give
This UP!
Vote Runners
NHS GO

















































POCAHONTAS COUNTY SCHOOLS
October Breakfast and Lunch Menu 2019
National School Lunch Week – October 14-18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	*Egg Omelet *Cereal *Fruit Beef Taco*** Tomato/Lettuce/Sour Cream Refried Beans*** Corn*** Fruit***	*French Toast *Cereal *Fruit Fish*** Diced Potatoes*** Broccoli*** Roll*** Fruit***	*Biscuit & Gravy *Cereal *Oranges Pizza*** Tossed Salad*** Corn*** Fresh Carrots*** Fruit***	*Breakfast Pizza *Cereal *Applesauce Popcorn Chicken*** Peas*** Macaroni & Cheese*** Fresh Spinach Salad*** Fruit***
2	8	2	10	11
*Pancake Sausage on a Stick *Cereal *Apple Turkey/Cheese Sub*** Lettuce/Tomato/Onion Pork-N-Beans*** Sweet Potato Fries*** Fruit***	*Homemade Cinnamon Roll *Cereal *Blueberries Sausage patty*** Eggs*** Hash Brown*** Biscuit*** Apple Crisp	*Apple Stick *Cereal *Craisins Meatloaf *** Mashed Potatoes*** Green Beans *** Roll*** Fruit ***	*Pretzel w/Cheese Sauce *Cereal *Fruit Chicken*** Caesar/Romaine Salad*** Quick Bake Potato*** Roll*** Fruit***	*Chocolate Chip Bar *Cereal *Orange Bacon Cheeseburger*** Lettuce/Tomato/Onion Ketchup/Mayo/Mustard Bun*** Broccoli*** French Fries*** Fruit***
14	15	16	17	18
*French Toast *Cereal *Fruit Chickent Sandwich*** Bun*** Tomato/Lettuce/Onion Ketchup/Mayo/Mustard Great Northern Beans*** Broccoli*** Fruit***	*Pop tart *Cereal *Fruit Salisbury Steak*** Mashed Potatoes*** Green Beans*** Roll*** Fruit***	Professional Learning Day No school for students	*Egg Omelet *Cereal *Fruit Chicken Tenders*** French Fries*** Baked Beans*** Roll*** Fruit***	*Bagel w/Cream Cheese *Cereal *Strawberry Cup Spaghetti w/Meat Sauce*** Romaine Tossed Salad*** Corn*** Roll*** Fruit ***
21	22	23	24	25
*Egg/Sausage Biscuit *Cereal *Orange Chicken Wrap*** Black Beans*** Salsa/Sour Cream Corn*** Peaches***	*Homemade Blueberry Square *Cereal *Fruit Chili*** Grilled Cheese Sandwich*** California Blend*** Fresh Carrots*** Fruit***	*Parfait/Smoothie *Cereal *Fruit Lasagna*** Romaine Salad*** Corn*** Garlic Bread*** Fruit***	*Breakfast Burrito *Cereal *Fruit Chicken*** Diced Potatoes*** Fresh Carrots*** Birthday Cake Fruit***	*Apple Muffin *Cereal *Fruit Hot Dog*** Hot Dog Chili*** Bun*** Broccoli*** French Fries*** Fruit***
28	29	30	31	
*Pumpkin Bread *Cereal *Fruit Meatball Sub*** Glazed Carrots*** Macaroni Salad*** Fruit***	*Homemade Cinnamon Roll *Cereal *Fruit Sloppy Joe*** Baked Beans *** Homemade Coleslaw *** Tatar Tots*** Fresh Broccoli*** Fruit***	*Zucchini Bread *Cereal *Fruit Salisbury Steak*** Mashed Potatoes*** Green Beans*** Roll*** Fruit***	*Apple Stick *Cereal *Craisins Chicken Nuggets*** Fresh Carrots*** Oven Fries*** Breadstick*** Fresh/Mixed Fruit ***	

Students must take a *Fruit or Juice and two other items* for breakfast! Milk and Yogurt offered daily.
 Students must take a Fruit or Vegetable*** and two other items*** for lunch! Milk and fresh fruit offered daily.

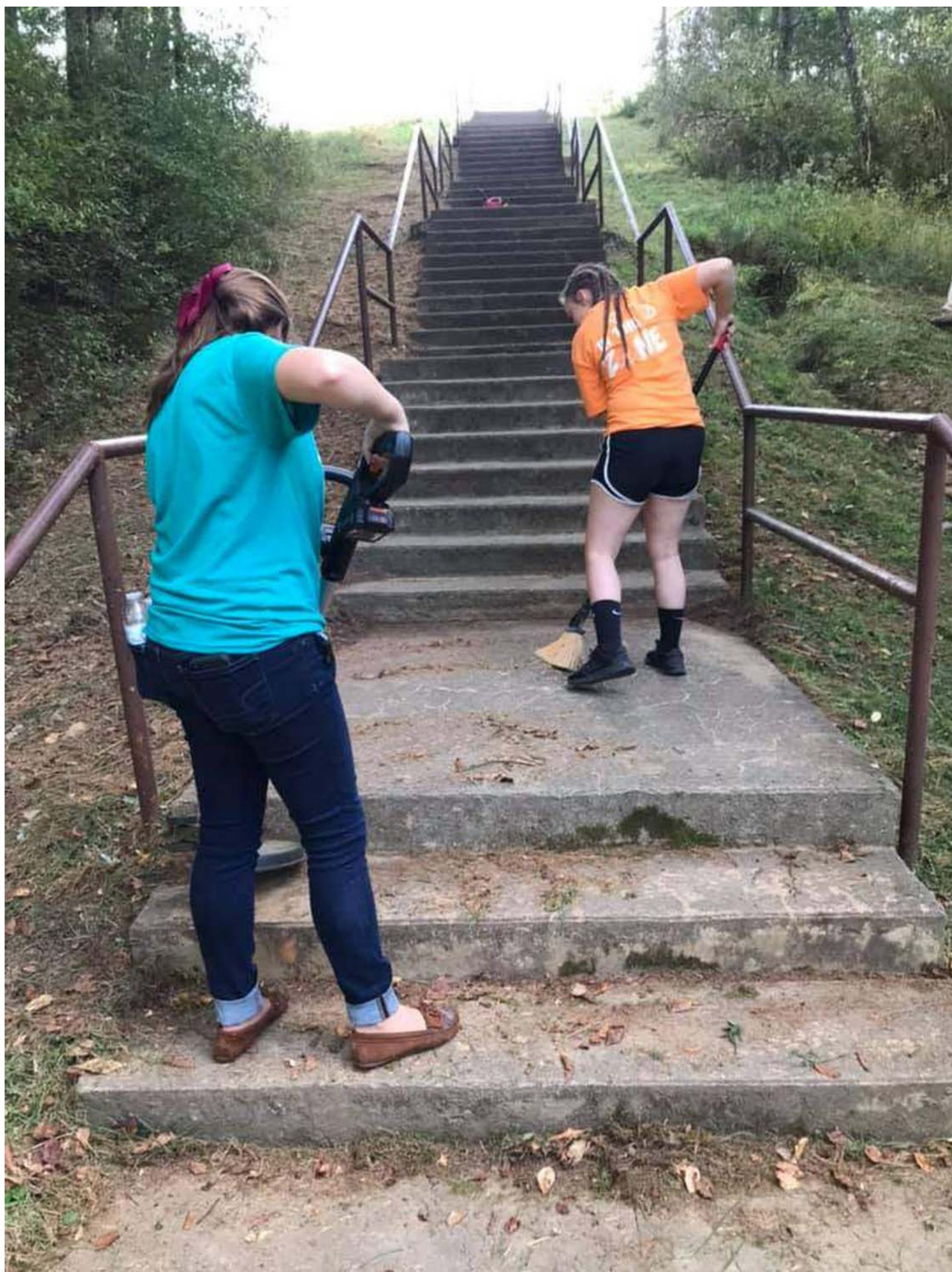














































































































































































































































































































We love our PCHS Mascot!!



Do you think in 50 years you'll still
be able to do a split?
-Jane



hope you're still
ends with me!

Love, D. Hay



Casey, ★

Uhhhhhh, yeah

This was cool.

I guess

- Suttobang

PC





- Pick
a
better
sweater
man
- Love
John



Regina,
You'll be your kids
#1 fan!
-Susie

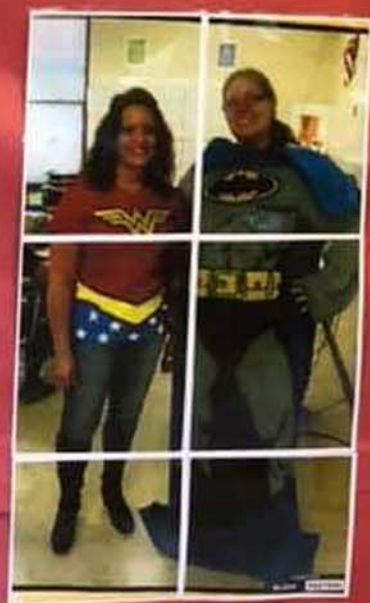




average, Amy
ville Holstine,
r, and Nebraska
ad the Warrior



Nebraska
You should be
a principal Someday!
Lots of love,
Amy



Superheroes
of the School!
Thanks for
teaching us



Mr. Go
Bard!

Mr. -
Go
Bond!



Chloe,
You are one of
the best
M



I love her.
That's fine
Casey

~

KEEPIN' IT REAL
ATHLETICS



Everage, Amy
lle Holstine,
annabert, and Nebraska
teverage, led the Warrior
to

Mc
You should be
a principal some
days

WARR
9



You look
better
with braces
and without a beard!

#BabyFace

Love you both
Just W.D.

Art is
awesome





Take
Back
Ree, Kick
them in the
knee!
Love,



Reta Griffith



Hey,
Push
your
life
Tanner
Lutton's





CELEBRATING

50 yrs of

WARRIORS



Hey,
Push
your
self to
the
real life
Timson
- Nathan V

00



the young lady
in vacation
administration



There you
are
the young lady



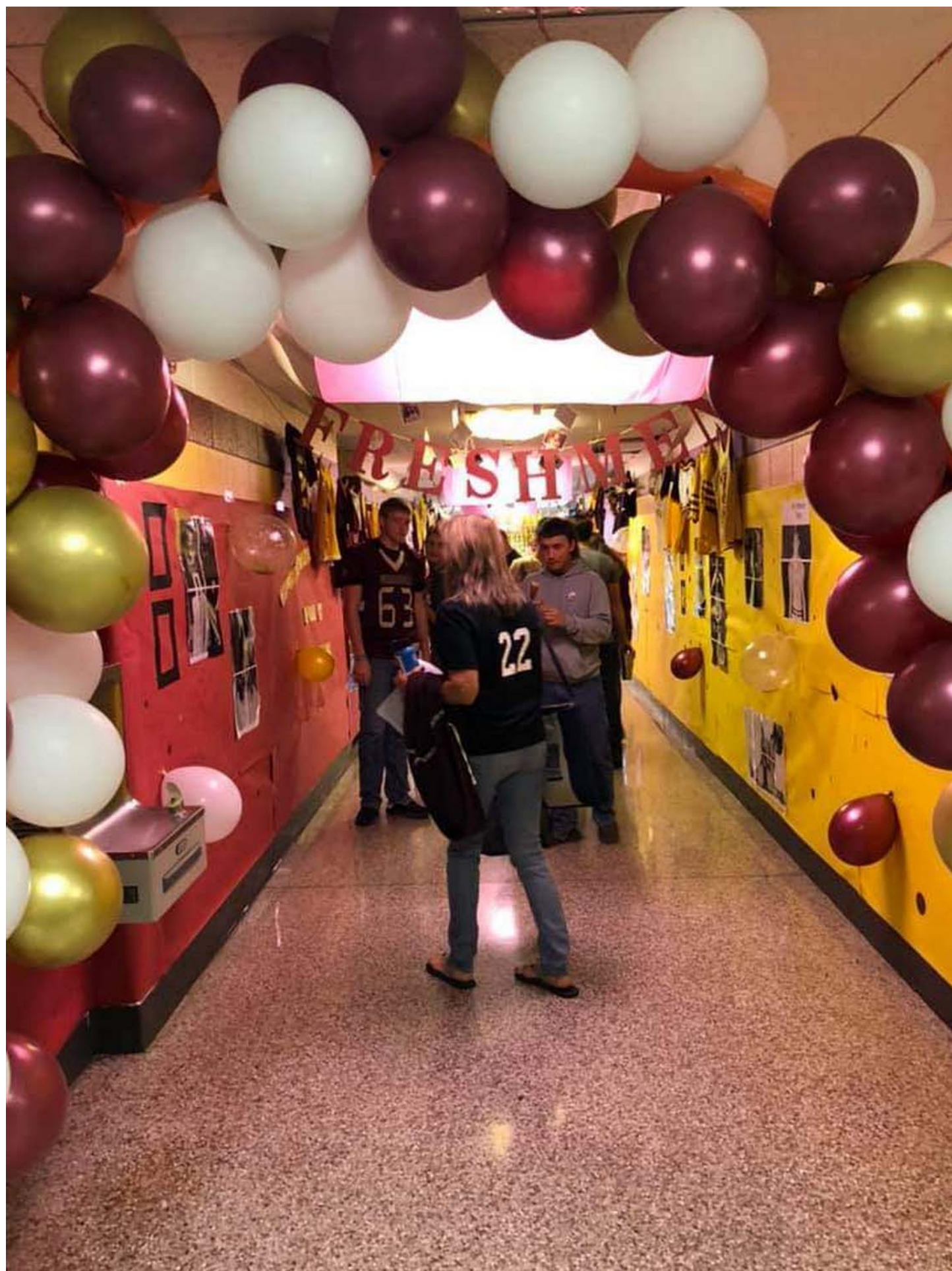


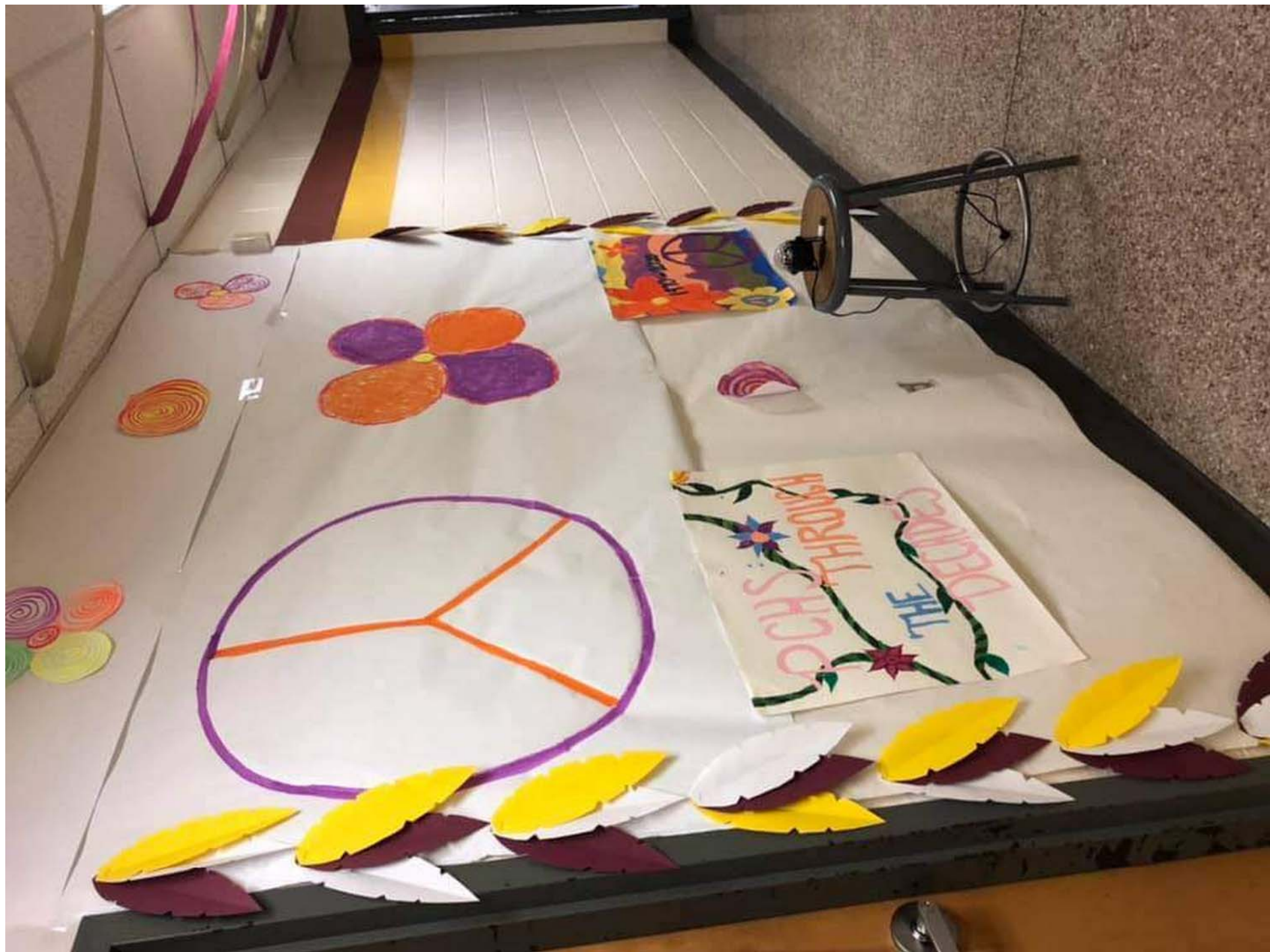
Pawn Set, Hvt! —Kevin



Pawn Set, Hvt! —Kevin





















SPONSORS
MRS. ARBAGAST
MS. MASON
MR. TRULL
MR. BROWN
MR. RITTENBERG
MR. BERRY







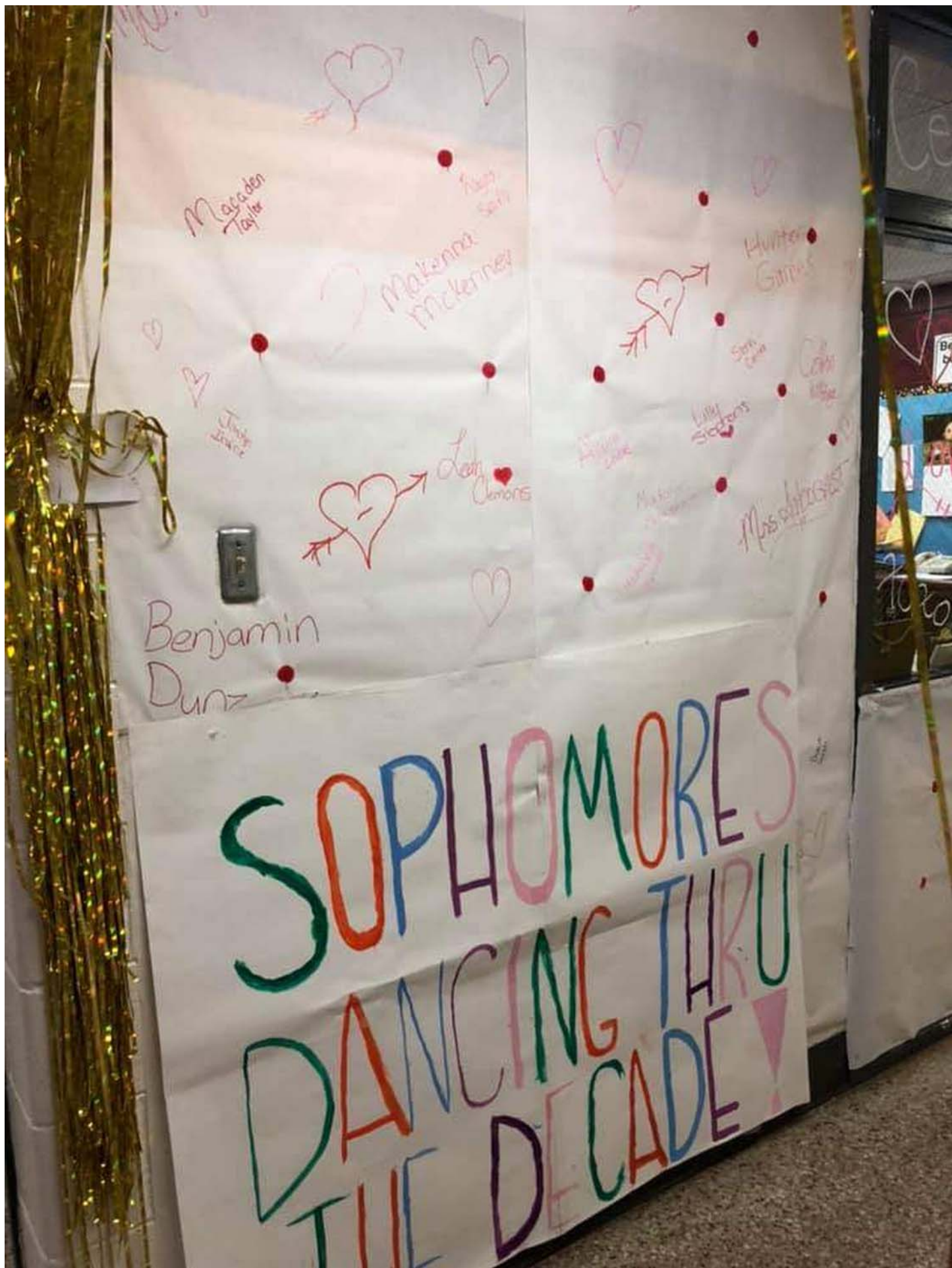
2010

NOW

Class
of
22







Benjamin
Dunz

SOPHOMORES
DANCING THRU
THE DECADE

EL SIMPACITO

LET
US

TAKE
BACK
TIME

you
IN
ME

















Juniors
2021
50 years of being a Warrior!









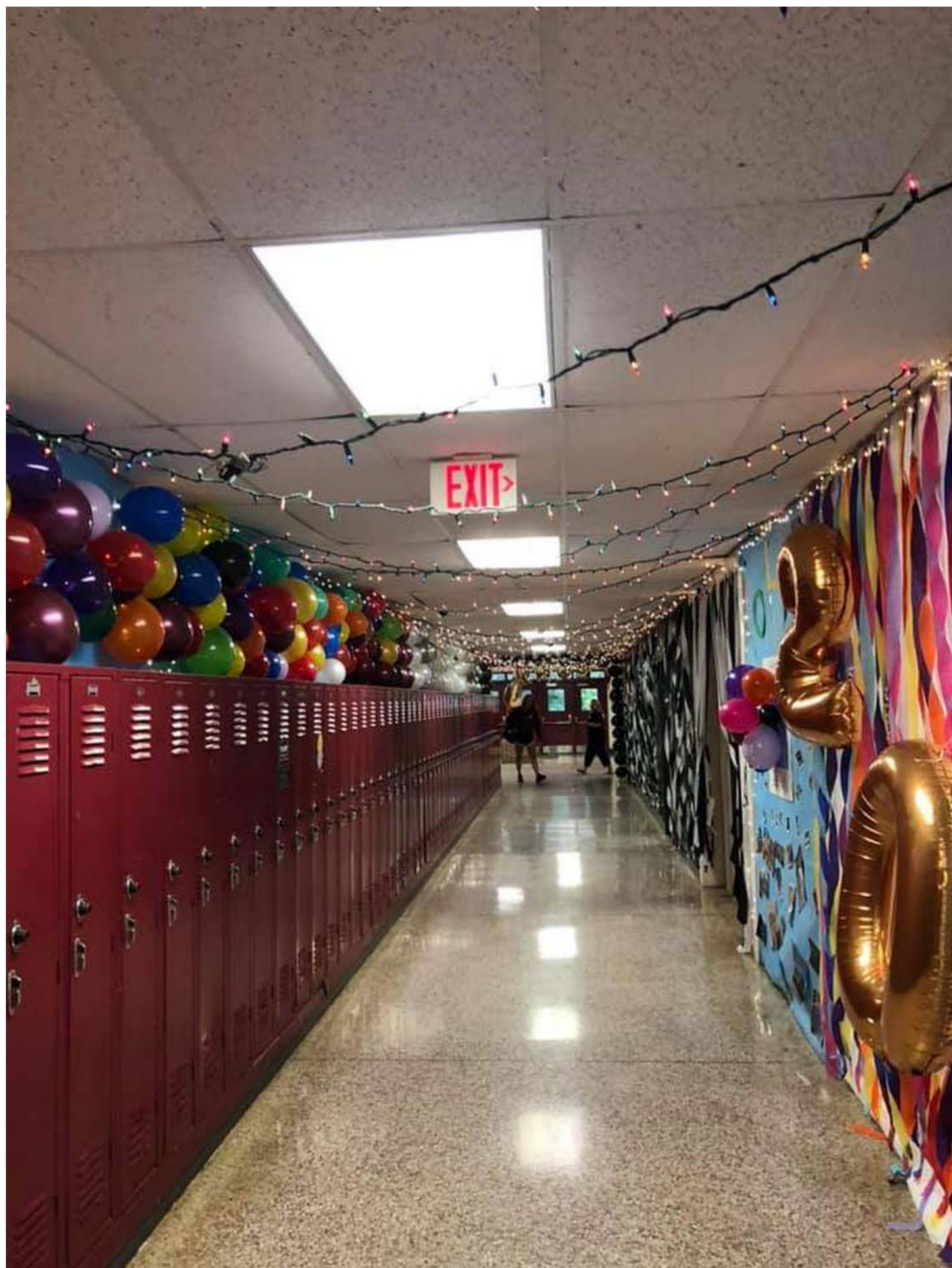




























































NATIONALS

CHAPTER BUSINESS

CHAPTER BUSINESS



1996
1997
2003
2004
2012

2

2009
2010
2011



1987
1988
1989
1990
1991
1992
1993
1994
1995
1996
1997
1998
1999







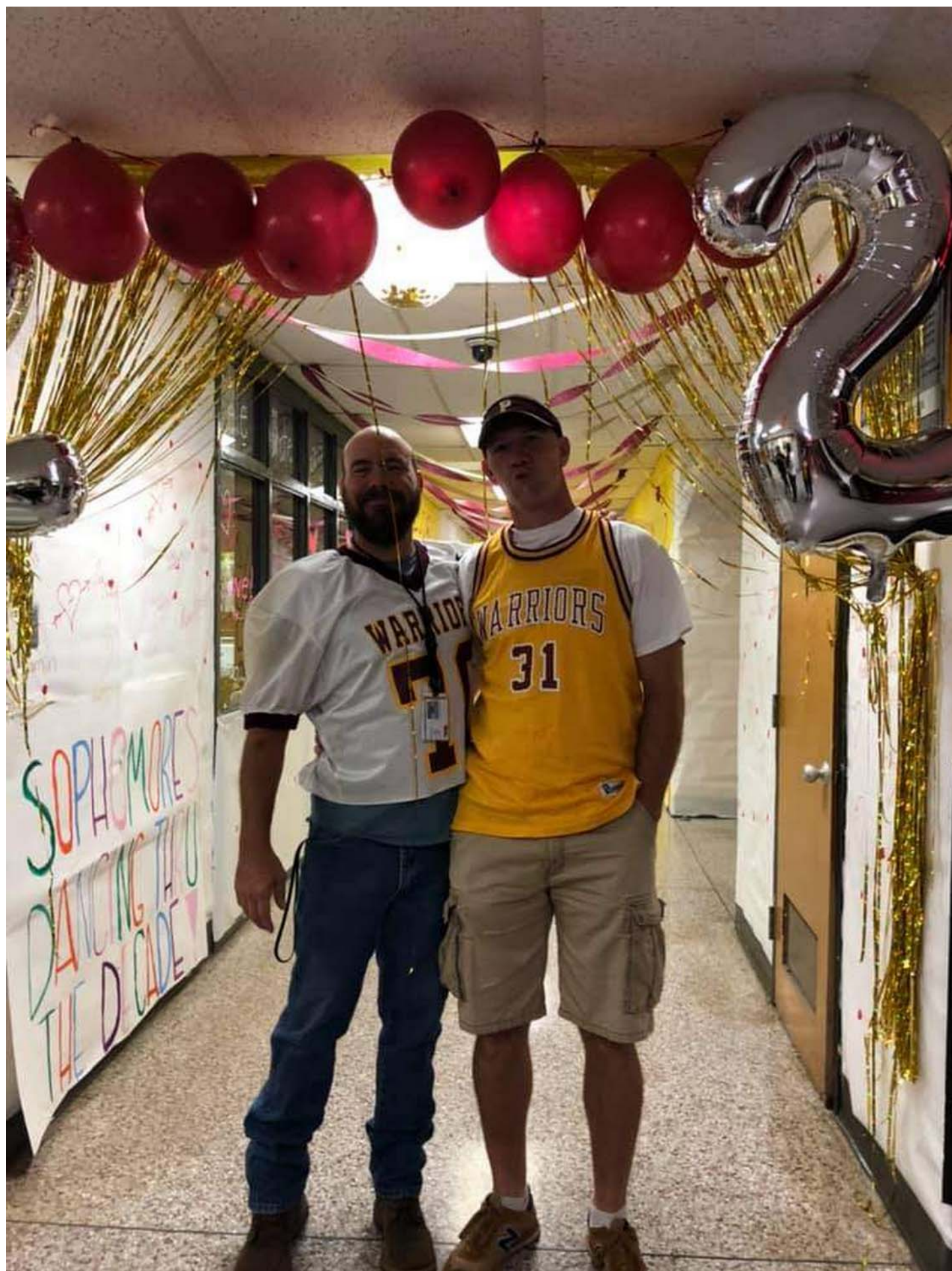




















































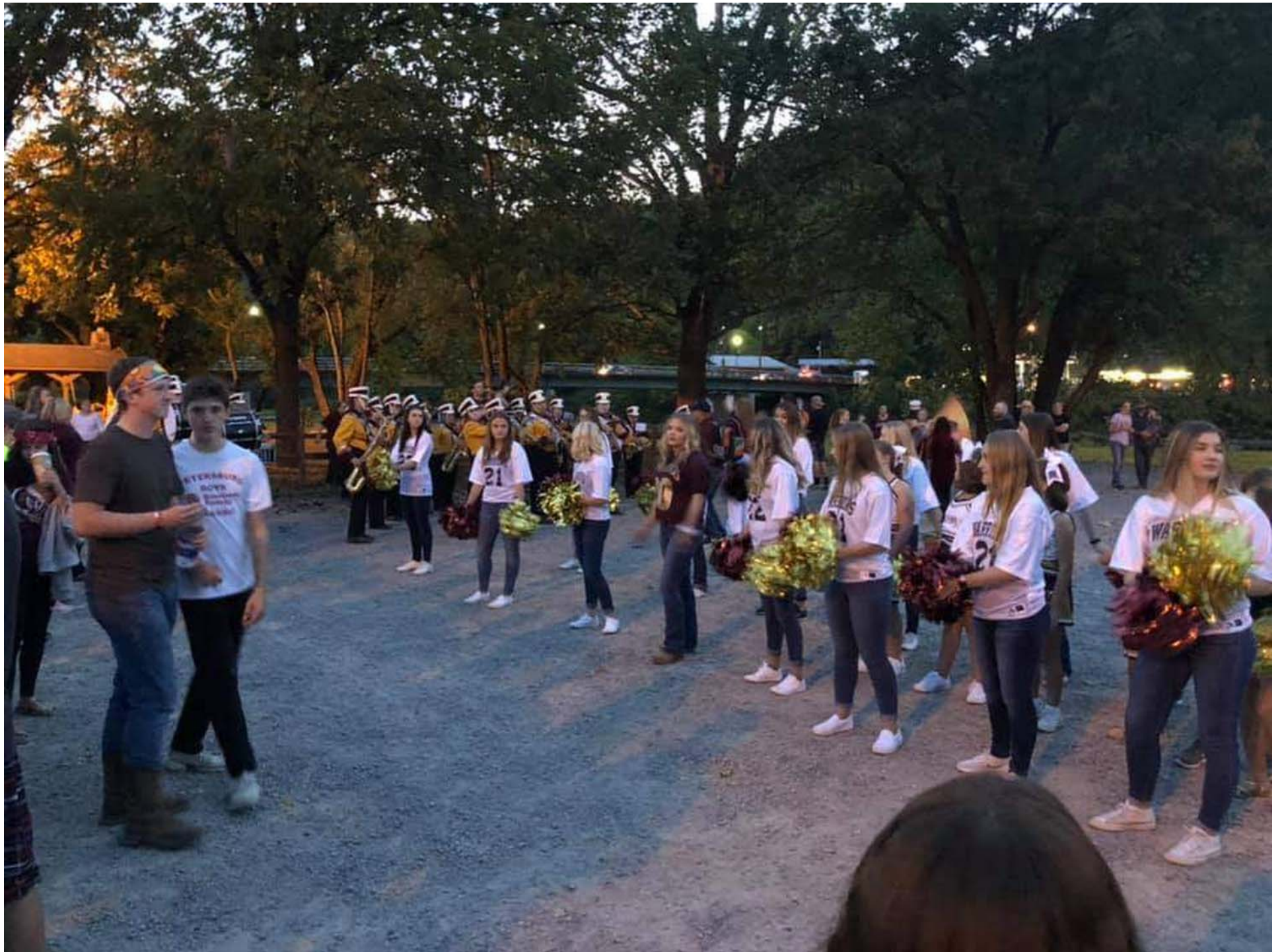
















































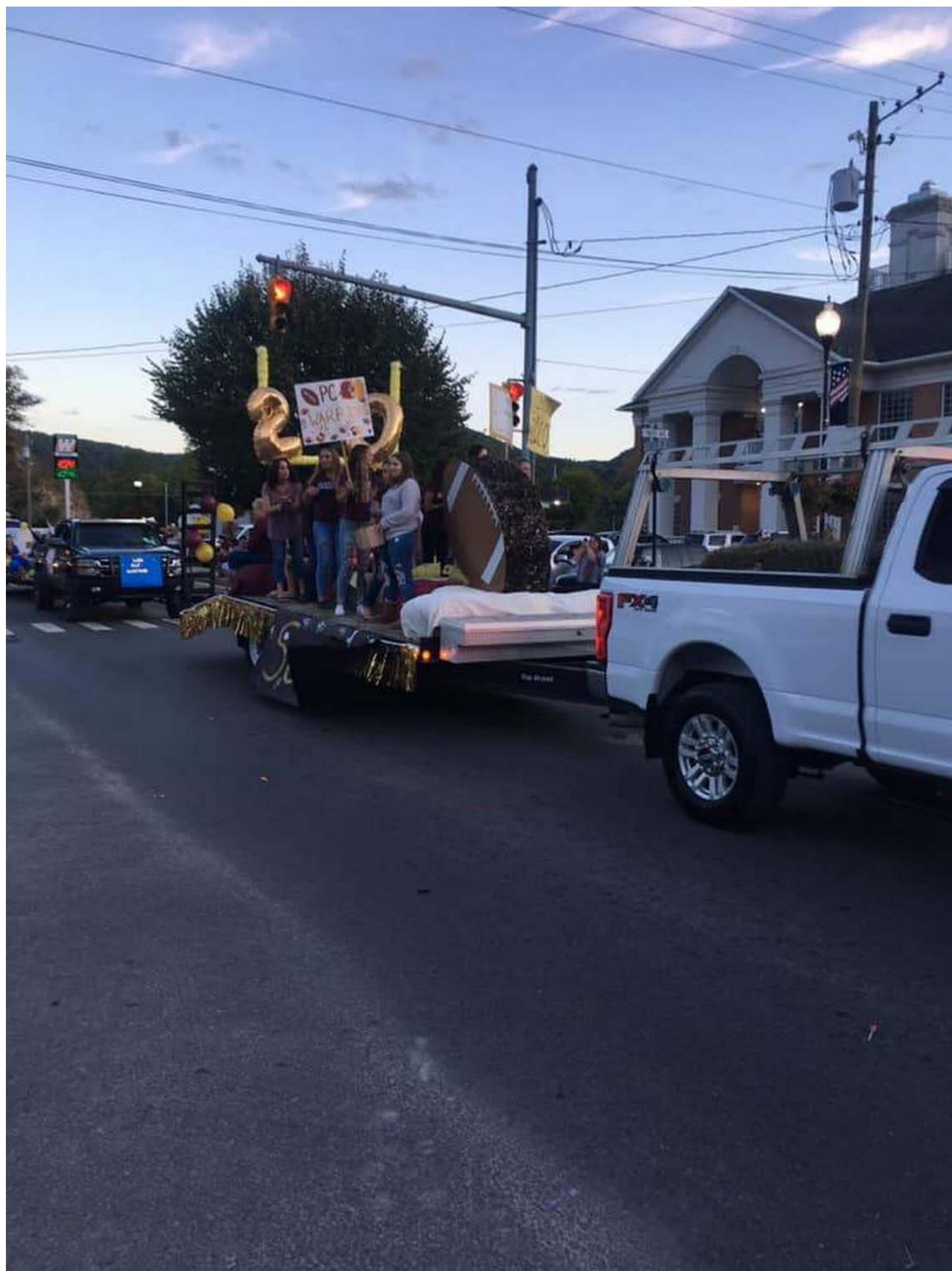


























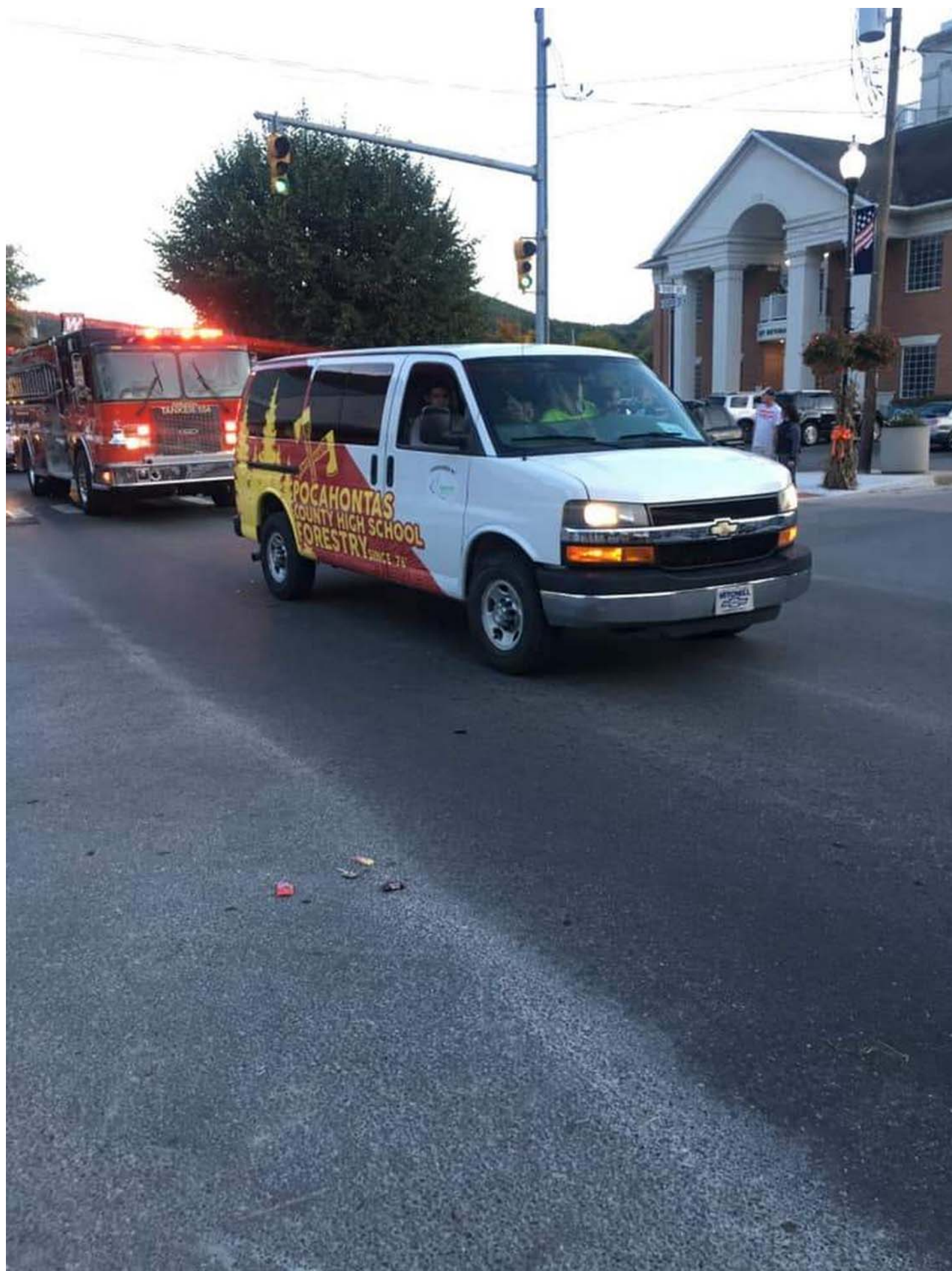














































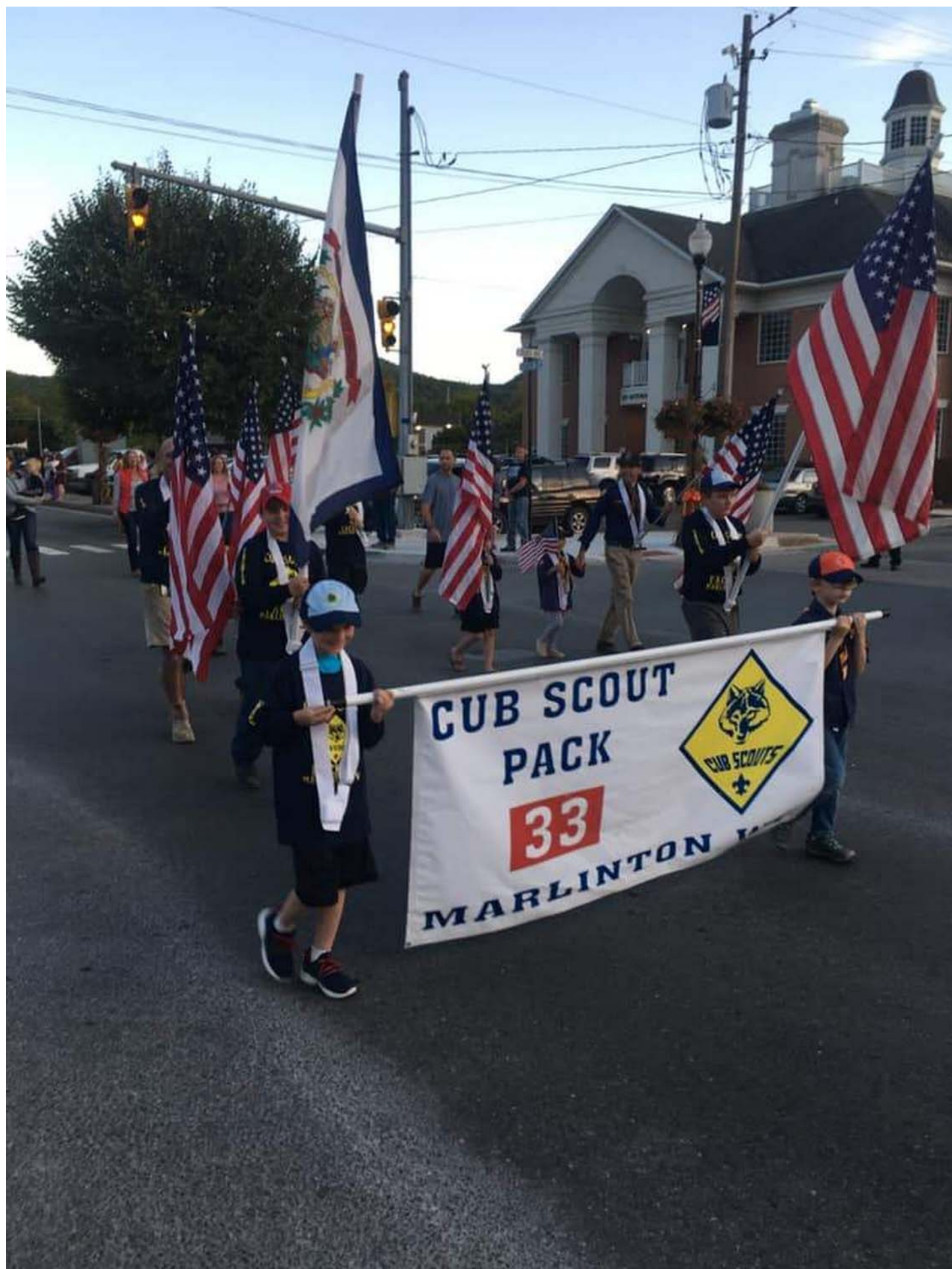




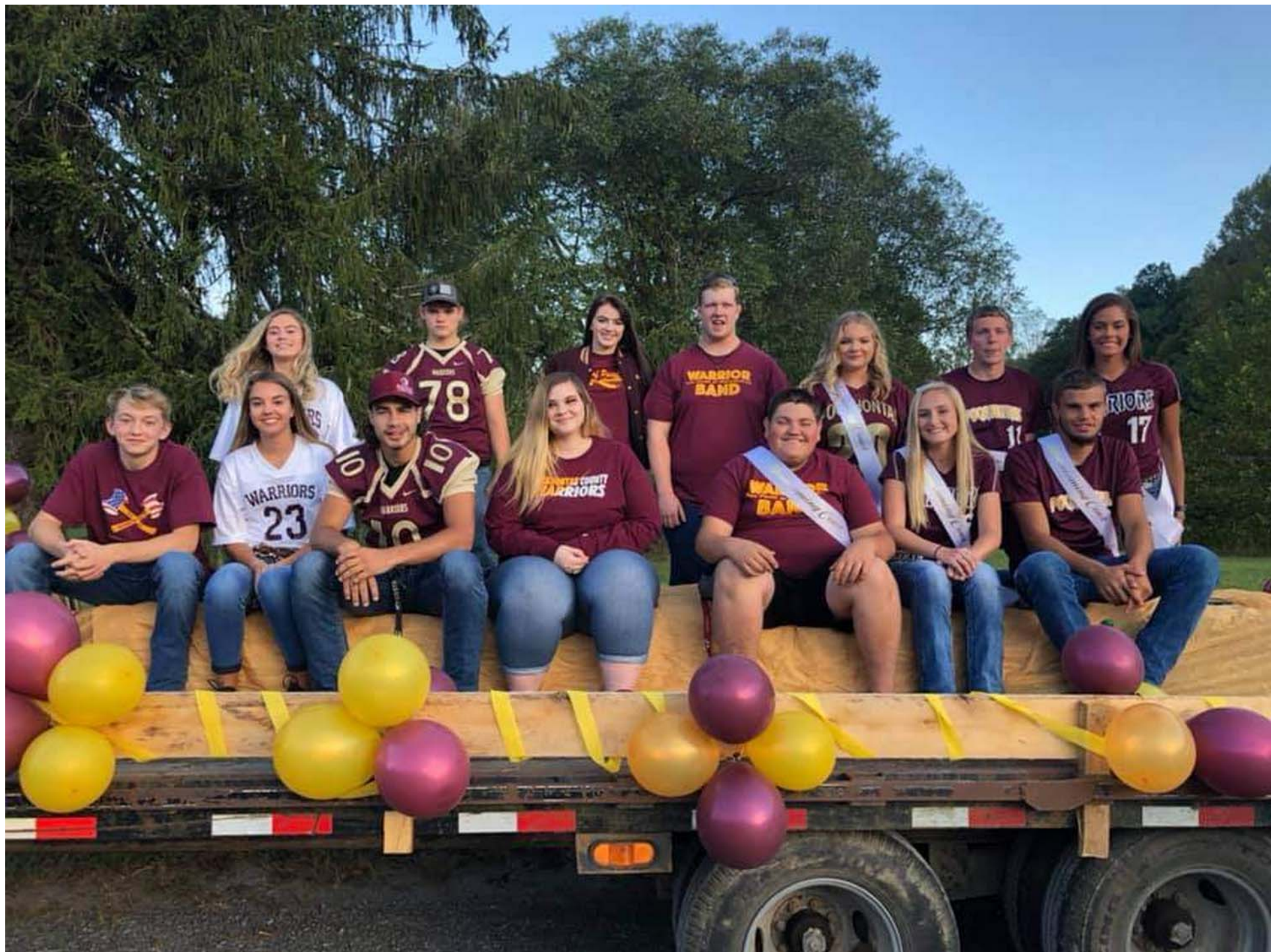




















A hand-drawn banner with the text "SOPHOMORE DANCING THRU THE DECADE" in large, colorful, block letters. The banner is decorated with gold tinsel streamers on the sides and a gold tinsel border at the top. The background shows a church steeple, power lines, and a hill under a blue sky with clouds.

SOPHOMORE
DANCING THRU
THE DECADE



































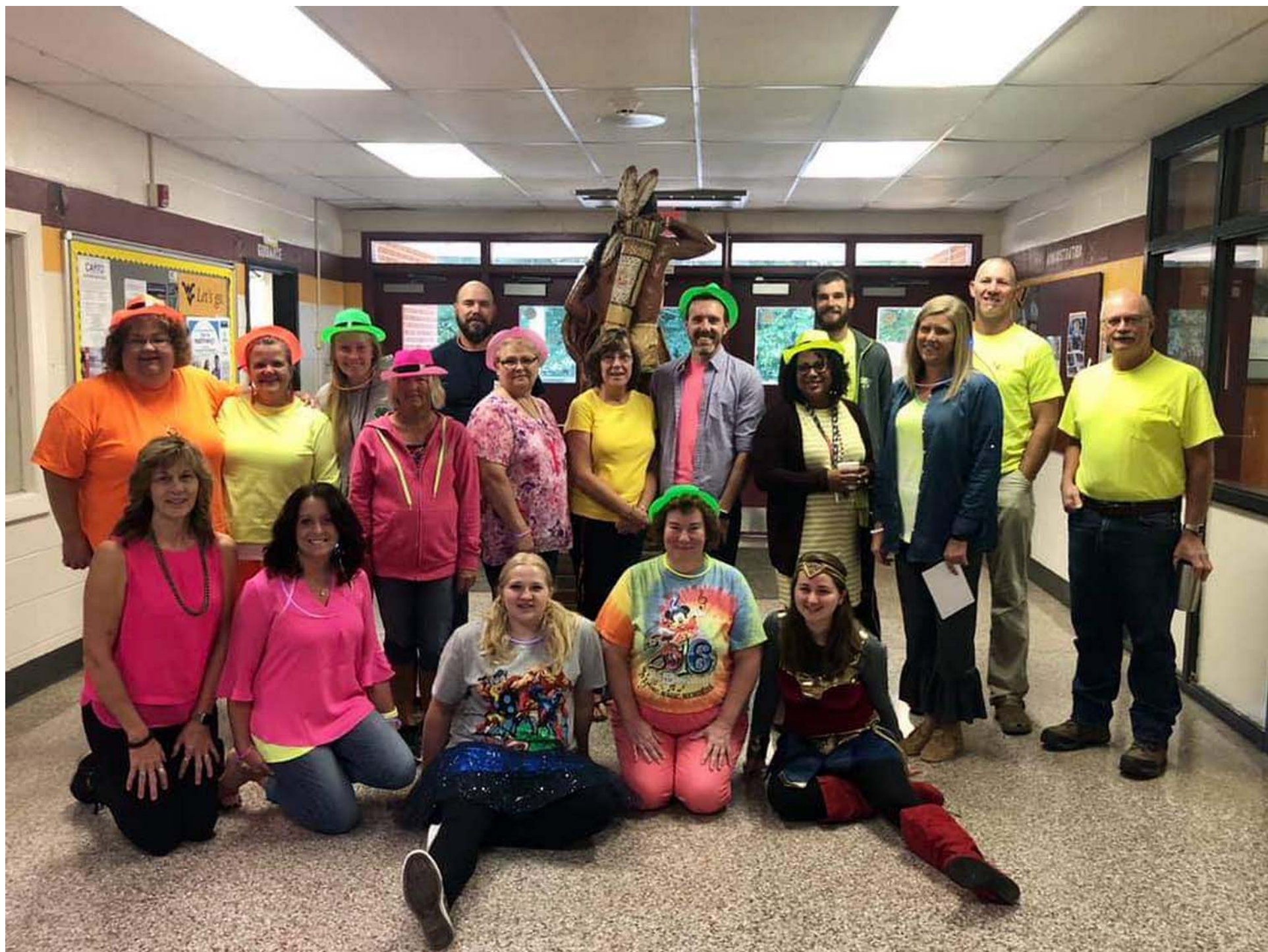






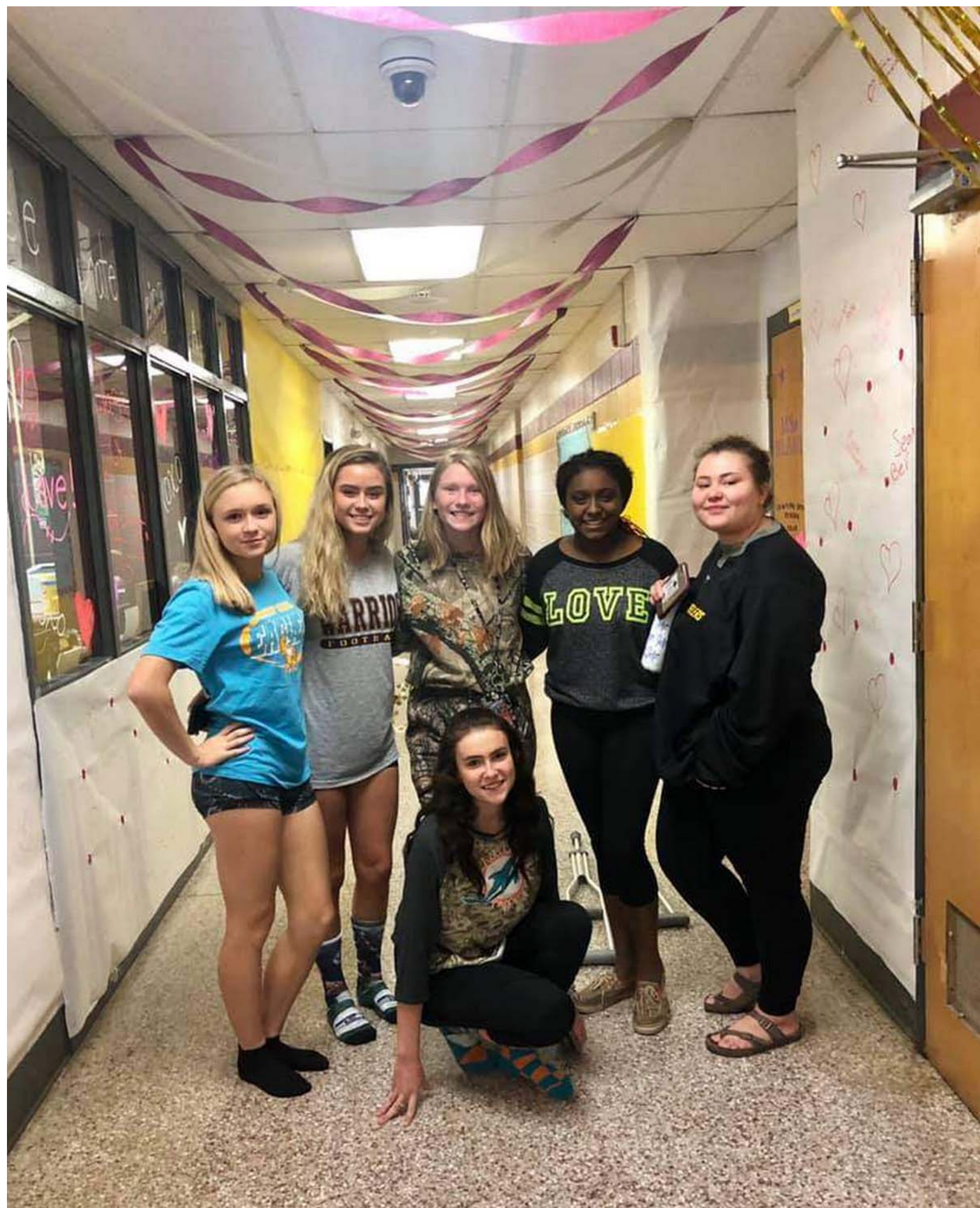


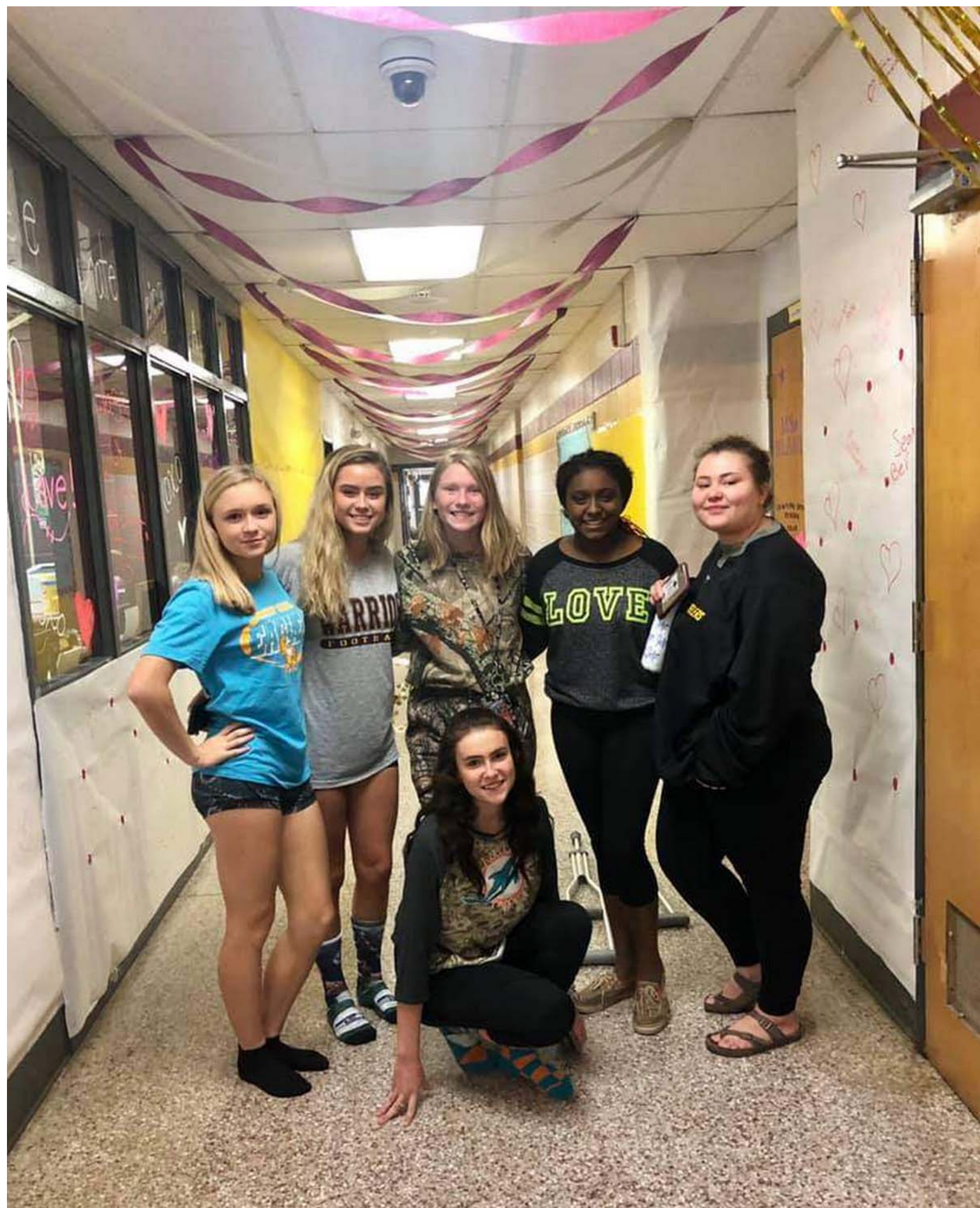














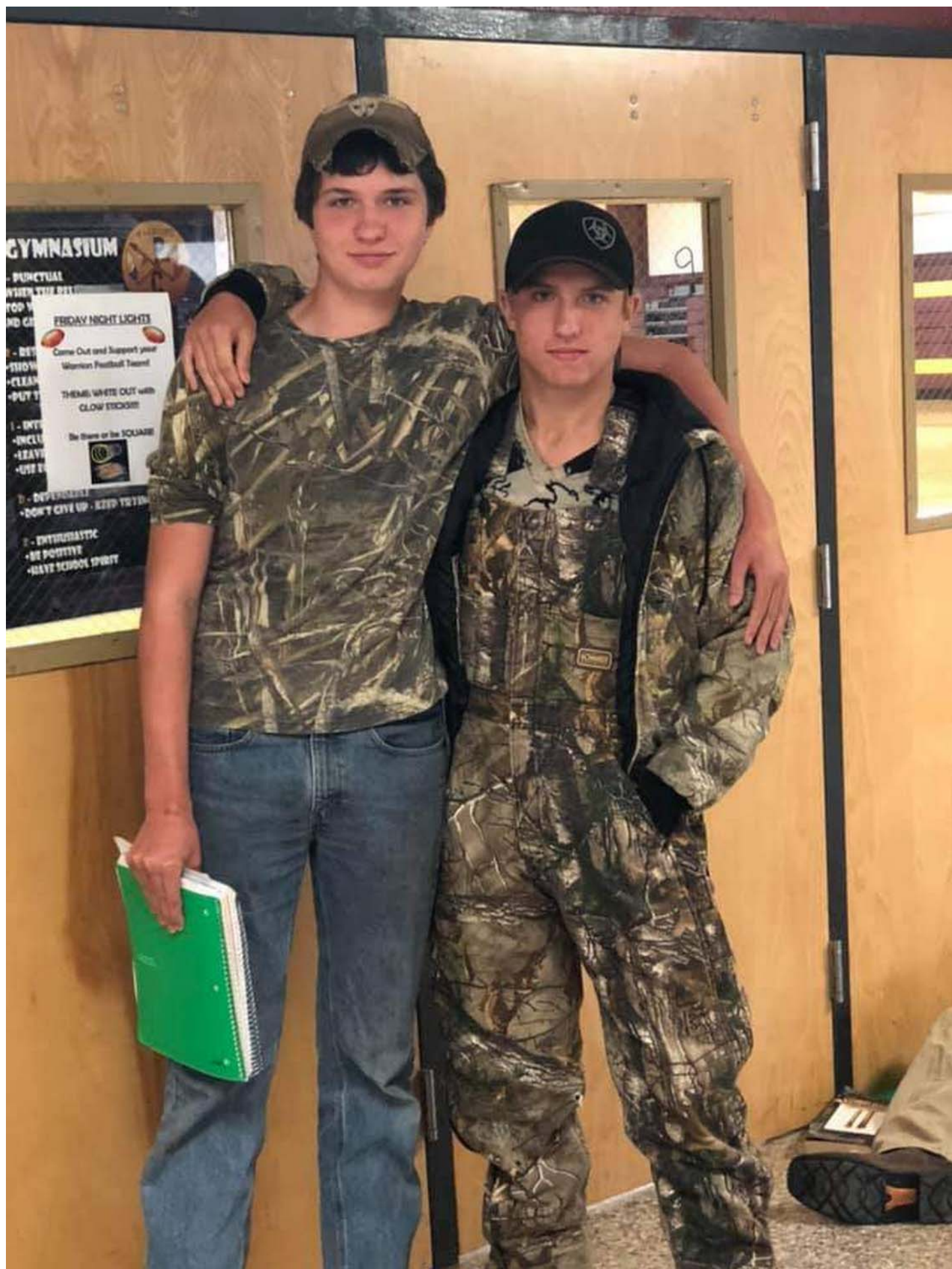






















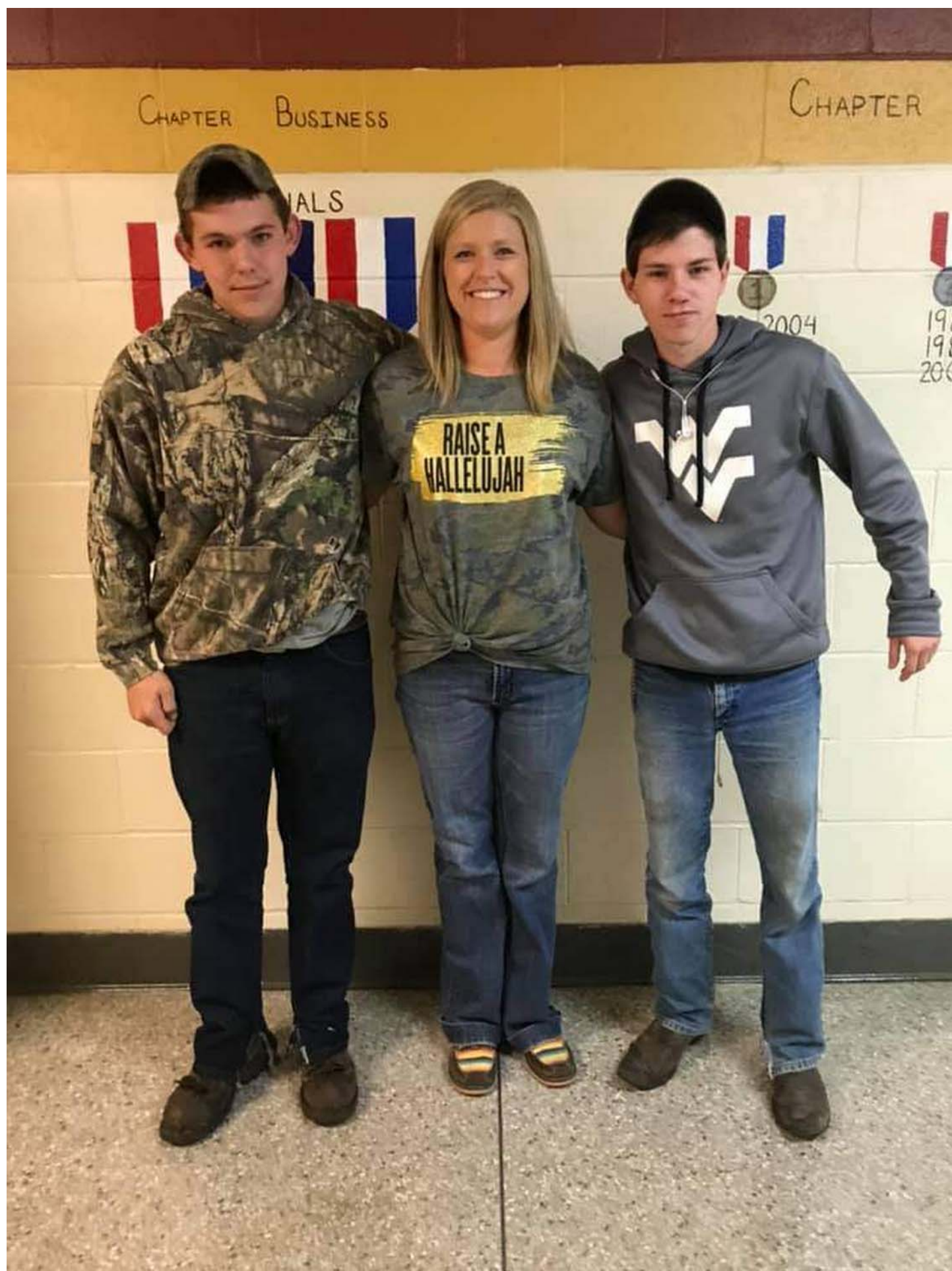




































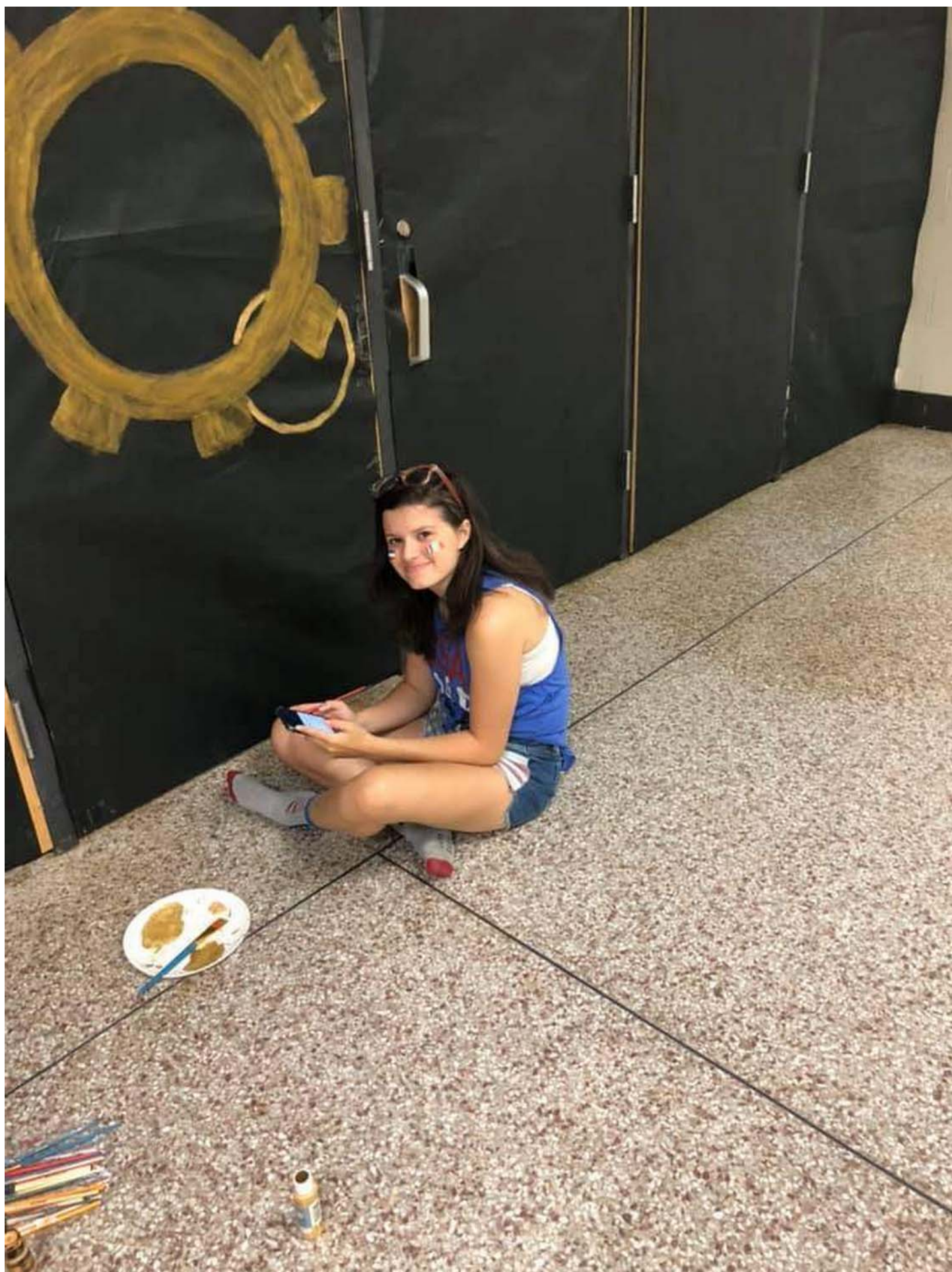




























































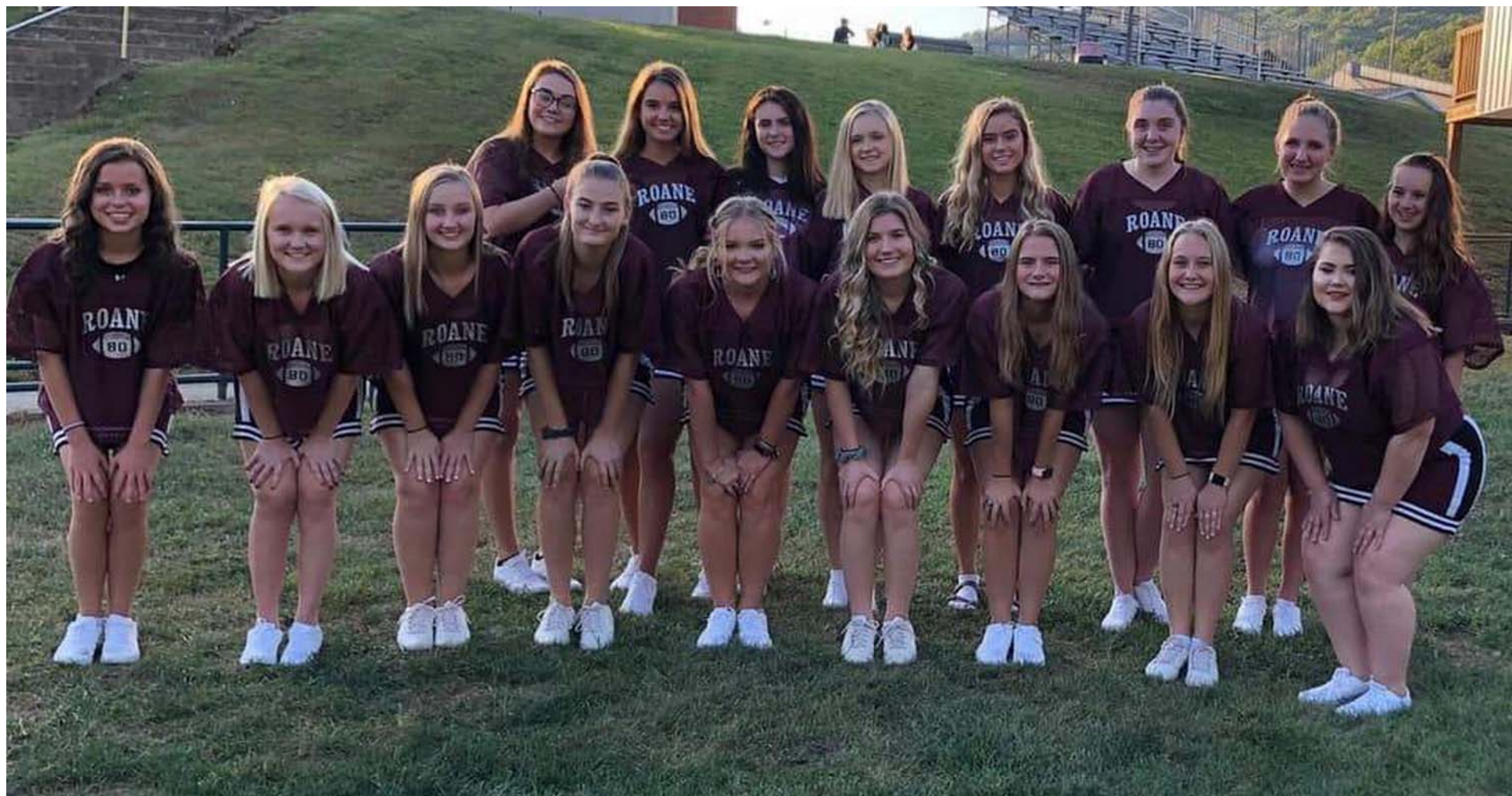














Yeti Raffle:

3 Chances to WIN!!

For PCHS Junior Class \$5 for 1 or \$20 for 5

3 drawings on 10/31/19

Items:

1st - White Yeti cooler

2nd - 2 20 oz. cups (purple & black)

3rd - Yeti lunch bag

Winners will be contacted through given information.

NAME: _____

PHONE #: _____

SELLER: _____



POCAHONTAS WARRIORS
2019